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COSMOPOLITAN FISH COOKERY FOR THE PHILIPPINES

A. C. AVERY

COSMOPOLITAN

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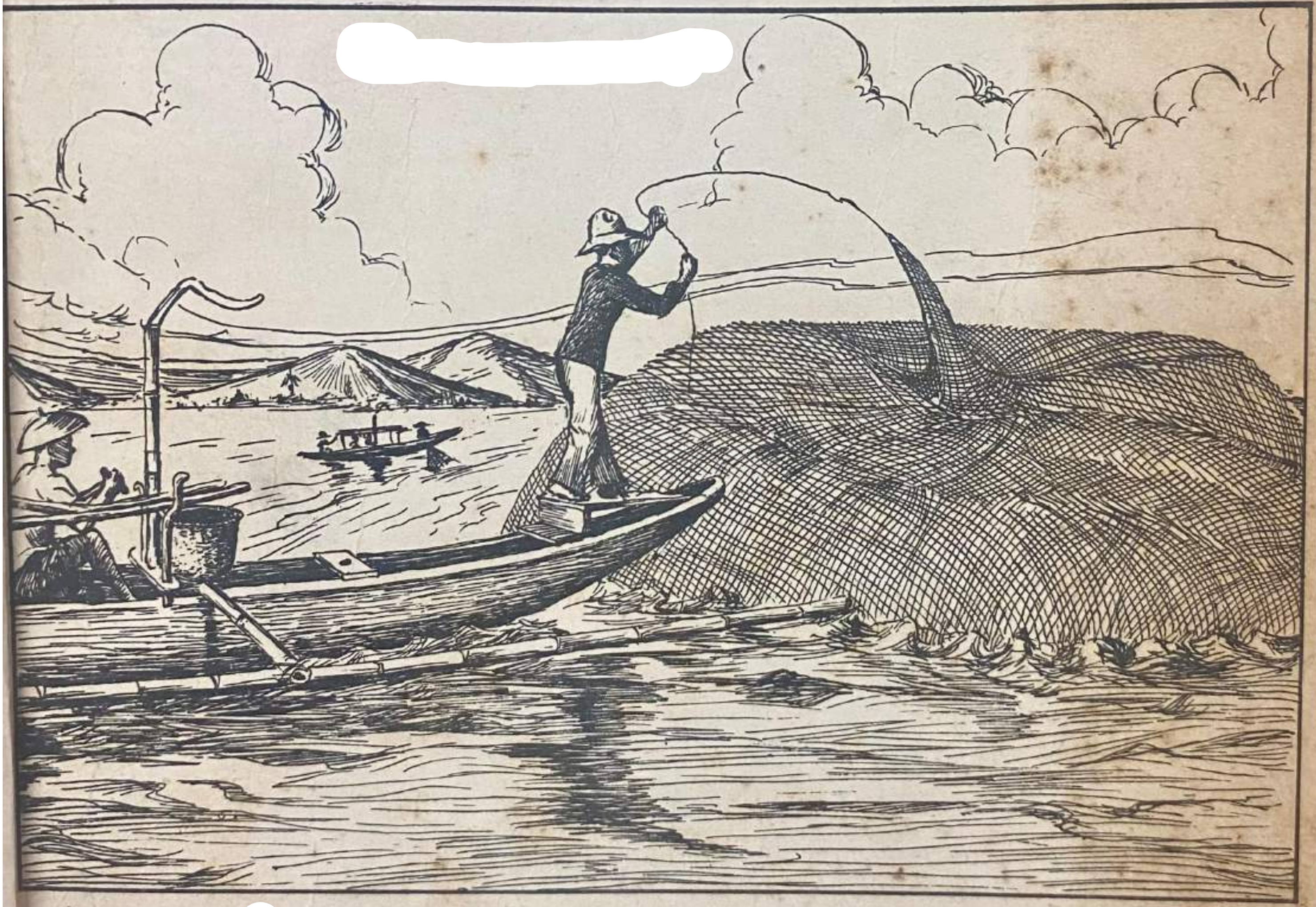
FISH COOKERY

FOR THE PHILIPPINES



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by **ARTHUR C. AVERY**
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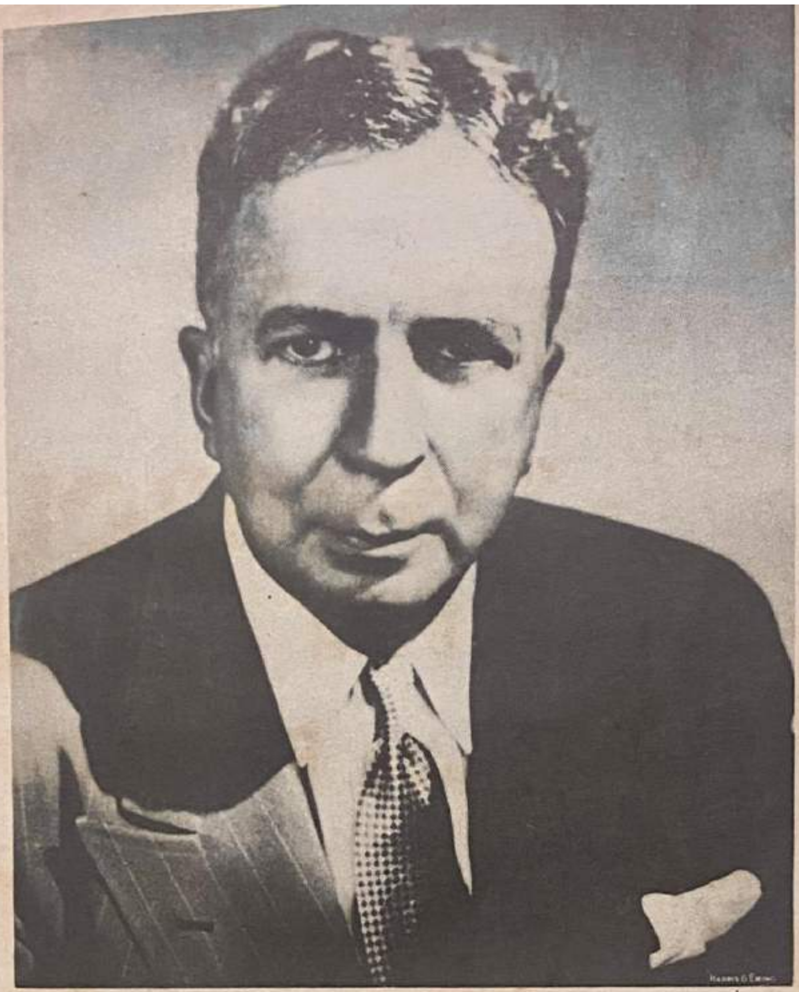
AMERICAN EMBASSY, MANILA, PHILIPPINES



The United States Fish and Wildlife Service, in accord with the provisions of the Philippine Rehabilitation Act of 1946, has been cooperating with the Philippine government in the rehabilitation and development of the fishing industry in the Philippines.

The importance of this work may be realized when one recalls that fish is the largest single source of protein in the diet of Filipinos.

Under the leadership of Mr. Hugh W. Terhune, the work of the United States Fish and Wildlife Service in the Philippines has been going forward. Besides the work done in the Philippines, 125 Filipinos have been sent to the United States for one year's training in deep-sea fishing and other techniques of importance to the development of the fishing industry.

Because of the great importance of fisheries products to the Filipino diet, the United States Information Service has been most happy to cooperate in the production of this interesting cook book. It is to be hoped that more attractive preparation of ‘Fish For Food will result in increased consumption, to the great benefit of the nation's health and one of its most important industries.

While USIS printed and produced this booklet, all editorial work and other preparation was done by the United States Fish and Wildlife Service Philippine Fisheries Program.

Myron M. Cowen

Ambassador of the United States of America

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COSMOPOLITAN FISH COOKERY for the PHILIPPINES

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FOREWORD

THE PHILIPPINE FISHERY PROGRAM of the U. S. Fish and Wildlife Service [1] in cooperation with the Philippine Bureau of Fisheries has prepared this book on World fish preparation methods to show new ways of cooking some of the cheaper varieties of fish and tell how the rest of the world cooks fish. No effort has been made to turn Filipinos from the methods of their forefathers but only to increase their interest in new methods.

It is entirely possible that many of the preparations are beyond the means of some readers to reproduce but it is hoped that there are a few recipes of interest to every one.

Most of the recipes have been tested in the program's laboratory in Manila and all the recipes have been given serious consideration as to their suitability for inclusion in this book. Some have been altered from the form in which they were originally received but this was done to adapt them to local conditions.

It is to be understood that this book is not a complete compilation on the art of fish cookery nor should it be taken as the ultimate that can be attained in that field. Accept it as a handbook for the aspiring cook and view its discrepancies with tolerance. The U. S. Fish and Wildlife Service and the Philippine Bureau of Fisheries hope that you will derive a great deal of pleasure and many interesting fish meals from this book.

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[1] Section 309 of the Philippine Rehabilitation Act of 1946 (Public Law 370 - 79th Congress, approved April 30, 1946).

WHY SHOULD ONE EAT FISH

This question is like asking, "Why eat?" In the Philippines, one eats fish because that is the cheapest source of animal protein available. The prices at the present time seem to belie this statement but it is true, nevertheless. To import beef or lamb is not feasible for a population as large as the one that exists, at present, mainly on fish and rice. The fish is available and the people like it; thus, they eat it. They prefer fresh fish but eat the dried and salted products when storms make it difficult to get the fresh fish and the cultivated bangos are too high in price for the multitude to buy. At the same time, the classes of fish available to the various peoples are directly related to the amount of wages they earn.

Another reason why a person should eat fish is its great food value. Fish flesh provides all of the proteins necessary for the proper growth and well being of the human body. It is easily digested too. Some of the fish found to be particularly digestible are the oysters, shrimp, mackerel, red snappers, sardines and Spanish mackerel. Fish of all kinds are rich in phosphorus, an essential for healthy body tissue. Shellfish are rich in calcium, builder of strong bones and teeth. Oysters and shrimp provide iron, which helps prevent anemia. Vitamin A, necessary fo good night vision and healthy skin, comes from fish livers. Vitamin B1, thiamin, is found in fish roe, sardines and oysters, and Vitamin D, buil er of bones, although little needed in the sunny Philippines, comes from fish livers.

SOME OF THE MARKET FISH

There are a great number of different species of fish in the Manila markets. Usually the only limits on buying are price and personal desire. Certain fish are extremely high in price due to the short supply and great demand. In fact some fish seldom come onto the retail market, as influential individuals have standing orders for any that appear in the wholesale market. Spiny lobsters and muslo belong to this category.

The average Filipino will name the "lapo-lapo" as the choicest fish on the market. However, this can be confusing as "lapo-lapo" is a general name for a number of groupers and sea bass. Lapo-lapo may be grey, brown or red with vari-colored spots and splotches but still it sells under the same name. The flesh is white, sweet-flavored and flaky. It may be baked or cooked as steaks.

The tanguingui or Spanish mackerel is a very fine food fish easily identified by its long body, blue stripe on the back and dark stripes across the sides, and its white under-body. The flesh is firm and white, suitable for grilling as steaks, or baking when the fish is small. A sauce adds zest to it.

The red snappers are bright red fish. The best known is the "maya-maya". It makes a very fine dish if baked slowly and served with an attractive sauce.

The round slender-bodied barracuda, has a mouthful of vicious looking teeth, but makes a tasty dish when broiled as steaks or when baked.

The brightly colored morong and the blue and gold dalagang bukid are savory fish although many people consider them second class.

The hasa-hasa, alumahan and cavalla make a good meal as pan fish and have to be tried to be appreciated properly.

The mullets or banak are tender, delicious fish that must be carefully cooked to bring out the best of the flavor in them.

The native pampano or talakitok is a plain colored, deep bodied fish which lacks some of the flavor of its West Indian brother but still is an acceptable fish.

The porgy is a chunky fish which bakes into a tender, desirable meal.

The palad or flat fish are among the very best but do not get a great deal of publicity because of their scarcity. Their flattened bodies, brown or grey colored backs and white under bodies, twisted mouths and two eyes on one side make them very distinctive. Filleted, this fish is esteemed a delicacy the world around as fillet of sole.

The dalag or murrel is usually sold alive and clubbed to ease the job of carrying it home. Then when skinned, soaked a few minutes in salt water, split and fried up crisp and brown, it is hard to beat for real eating pleasure. The catfish is in a similar category.

The pond-raised bangos, shiny silvery fish with medium sized scales, make up the most common fish in the market. As far as flavor and desirability are concerned, the bangos sells as second or third class fish in the South, while in Manila it is rated first class. It is bony but has a mild, sweet flavor.

The Filipinos consider the tuna a second class fish although it is highly esteemed in America. Small inch square pieces of yellowfin tuna rolled in flour, beaten egg and dried bread crumbs and then fried in hot fat for about four or five minutes cannot be bettered for gustatory delight. A tartar sauce makes the flavor even more striking.

Among the crabs available for sale, the alimango is probably the best. Less desirable is its smaller brother the alimasag. Both are expensive delicacies that give a poor yield of meat per peso expended.

Shrimps or hipon, both fresh and salt water types, are extremely good and desirable. If not overcooked, they are as good as any in the world. Some run up to a length of two feet or more.

The oysters look good but around Manila Bay are a doubtful risk as the waters they come from are heavily contaminated and the conditions under which they are marketed are far from sanitary. If one is sure that the oysters, clams or halaan come from a good location and are fresh, the are quite delectable and desirable.

It is impossible to do justice to all the many fine fish in the market but this list will do as a start. As the cook tries other species of fish it would be well classify them as to relative desirability.

TAGALOG NAMES FOR VARIOUS COMMON PHILIPPINE FISHES

English	Most Used Tagalog Name
Anchovy	Dilis
Barracuda	Asugon and Torsilyo
Big Eyed Herring	Dilat
Big Eyed Scad	Matang baka
Bisugo	Bisugo
Caesio	Dalagang-bukid
Carp	Carpa
Catfish	Hito (freshwater) and Kanduli (saltwater)
Cavalla	Talakitok
Crab	Alimango
Eels	Igat
Gizzard Shad	Kabasi
Gobies	Biyang pute
Grouper	Lapo-lapo
Hairtail	Balila
Lizard fish	Kalaso
Milkfish	Bangos
Oyster	Talaba
Mullet	Banak
Murrel	Dalag
Porgy	Bitilya
Ray	Pagi
Red Snapper	Maya-maya
Short Bodied Mackerel	Hasa-hasa
Shrimp	Hipon
Slipmouth	Sap-sap
Spanish Mackerel	Tangigi, Tanguingui (Spanish)
Spiny Lobster	Banangan
Spotted Grunt	Ago-ot
Squid	Pusit
Striped Mackerel	Alumahan
Tuna	Tulingan
Turbot or Sole	Kalangkaw and Lapad

Fish being scaled

"Scaling" is done by holding the fish firmly with one hand and scraping the scales off, with a knife held almost vertical to the fish, from tail to head. Soaking a dry fish in water a few minutes before scaling, facilitates the operation. Scrapers, with serrated edges or made from numerous blunt nails drive through blocks of wood or made from soda bottle caps, can be used instead of a knife.

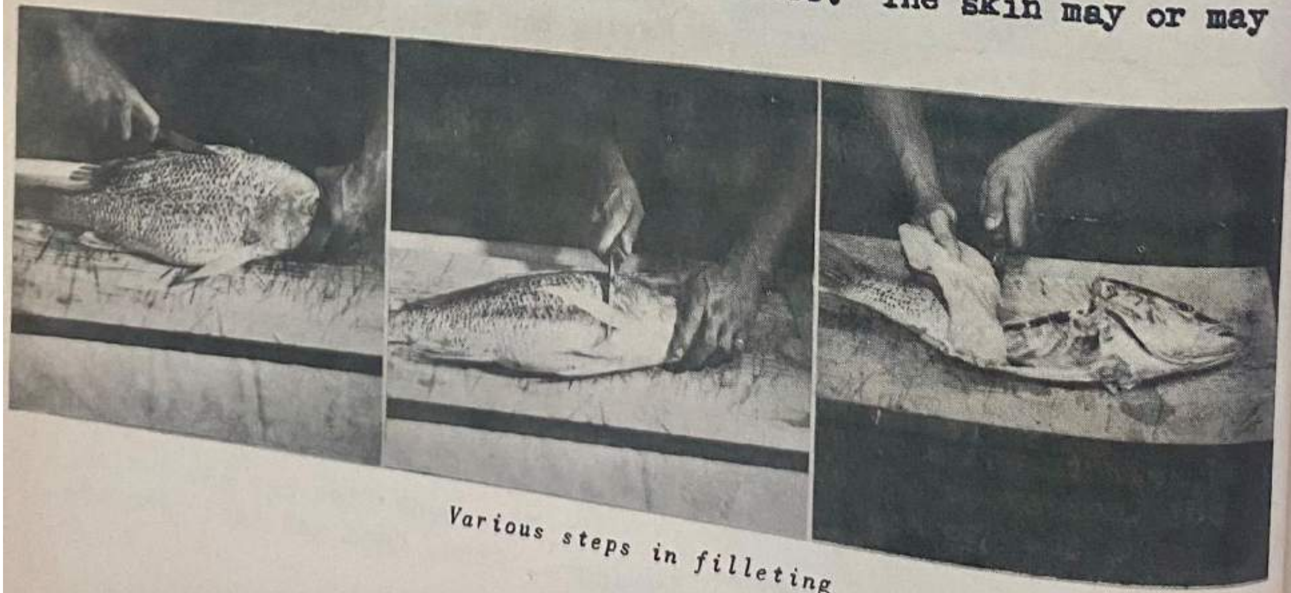
The head is removed by cutting above the collarbone behind the gills and then slicing straight through the backbone or snapping it off by bending it over the edge of the table. The pectoral fins can be removed with the head.

The dorsal fin is removed by vertical cuts down each side of it toward the backbone and then giving it a sharp pull forward toward the head. The ventral fin can be removed in a similar manner while the pelvic fins are removed by cutting the flesh that attaches them to the belly flaps.

The tails can be removed by a chopping blow with a heavy knife.

"Steaks" are cross-sections of fish. They are obtained by cutting directly across the dressed fish at right angles to the length. They may be of any thickness desired but it is well to bear in mind that steaks cut too thin become excessively dry and hard while those cut too thick are not cooked in the center when the outside is done. Steaks cut 1/2 to 2/3 inches thick are usually best.

"Fillets" are the meaty sections removed from the backbone and ribs of the fish so that they are practically boneless. The skin may or may not be removed.



Various steps in filleting

Filleting is done with a sharp, thin knife. A cut is made down to the backbone from just behind the head to the tail. Then a cut is made just in back of the gills down to the backbone. The knife is then turned flat and the cut extended to the tail by running the edge of the knife along the backbone and ribs at the same time. The entire side of the fish exclusive of the bones, is lifted off. The operation is repeated to remove the other side.

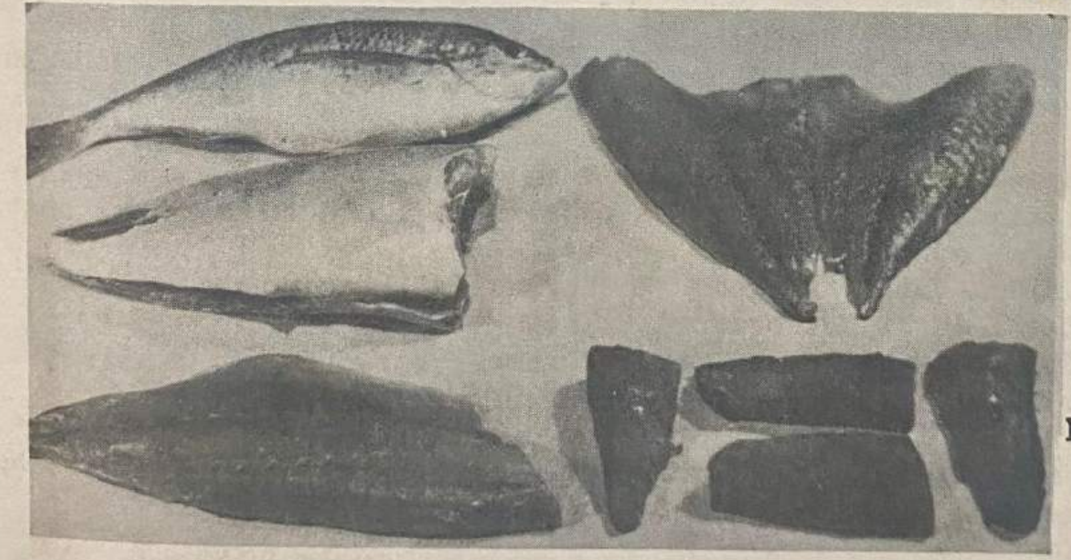
Finished fillets

The fillet may be skinned by laying it, with the skin side down and the tail toward the operator, on the edge of the table. A cut is made down to the skin close to the end of the fillet. Holding onto the tail end of the skin the operator turns the edge of the knife toward the head and pushes the blade along the skin with the cutting edge just slightly tilted downward and at the same time pulling the skin firmly.

"Butterfly fillets" are joined together by the underside skin, while "sticks" are small elongated chunks of the same size and thickness cut from the fleshy portion of the fish.

After dressing, the fish should be thoroughly washed in cold running water. If the fish is hard to hold during the dressing procedure, a pair of canvas gloves facilitates handling. If gloves are not handy, dipping the fingers in a bowl of salt will accomplish the same thing. Incidentally scrubbing the hands with salt and hot water is a good way to get rid of the fish odor, when soap will not touch it.

A stout pair of kitchen scissors makes easy work of opening the body cavity and snipping off the fins, gills and small tails.



Fish in round
Dressed
A Fillet
Butterfly Fillets
Fish Sticks

PRIMARY FISH COOKING METHODS

COOKING TERMS

Bake: Cook in an oven at a desired temperature. When applied to meat it is called roasting.

Baste: Add liquid to the surface of food, while cooking, by pouring, brushing, spooning or wiping with fat, drippings, etc.

Batter: A smooth mixture of flour, liquid and other ingredients which can be poured. May be used to coa food before frying.

Beat: Agitation of ingredients by mean of a spoon, whisk, or mechanical or electric beater to insure a smooth, uniform mixture.

Blend: Combine ingredients homogeneously or evenly.

Boil: Cook with a liquid that has been heated until large bubbles constantly rise to the surface. Water boils at 212°F. at sea level. When the liquid begins to boil the heat should be lowered as slow boiling is just as effective as fast boiling unless one is trying to reduce the volume of the cooking liquor.

Braise: First brown the meat or vegetable in a little hot fat and then add a small amount of liquid. The cooking is finished over low heat.

Bread Crumbs: Dried crumbs are made by thoroughly crushing crusts of bread, well dried but not browned. They are used for coating fried foods. Soft bread crumbs are made by finely shredding fresh bread between the fingers. Used for dressings, thickenings, etc.

Broil: Cook on a rack, spit or skewer by the direct heat of a broiler, ho coals or charcoal.

Brine: Mixture of salt and water. Preferably American salt.

Chill: Place a food in a cool or cold place until the temperature is lowered to a point between freezing and normal room temperature.

Chop: Cut into small pieces by use of a knife, not by use of a food grinder.

Cream: To make a mixture smooth soft and creamlike by stirring or beating.

Dice: Cut a food into small cubes by use of a knife.

Dissolve: Mix a solid or powdered substance with a liquid until it is liquid too (in solution).

Double Boiler: Combination of one pan set in another so that one can cook in the upper pan over boiling or hot water in the lower pan.

Dredge: To coat a solid food with a powdering or sprinkling of flour, sugar, corn meal or similar product.

(°F.): This symbol designates degrees of temperature by the Fahrenheit scale.

Fillet: Fleshy boneless side of a fish or boneless piece of meat.

Fold in: Addition of a light fluffy substance to a liquid or semi-solid mixture so that the combined product maintains some of the lightness. Usually done by carefully lifting the heavier material over the lighter to entrap the air. This procedure is repeated until the two materials are fairly well mixed.

Fry: Cook in hot fat. Pan fry or saute' - using just a film of fat. Shallow fry- using up to 1 1/2 inches of fat. Deep fat fry- using enough fat to float the food.

Grate: Shred a substance up fine by use of a metal abrasive device. Usually used for lemon peel, hard-cooked eggs, cheese, etc.

Julienne: Cut food in thin lengthwise strips.

Lard: Place strips of fat in lean meat either by drawing it through the meat or laying it in deep cuts on the surface.

Liquor: The fluid from meat or vegetables.

Marinate: Place a food in an acid-fat mixture (marinade), usually French dressing, until well seasoned.

Mashed: Crushed in some manner so that the food is finer or more plastic in form.

Mince: Chop up real fine.

Parboil: Boil food in water until partially cooked.

Puree: A semi-liquid form of a food ground up fine and well mixed.

Saute: Fry in a thin layer of fat.

Shell: Remove the outer coat or layer of a seed, nut or shellfish.

Shuck: Same meaning as above.

Simmer: Cook in liquid, just below boiling-usually at a temperature of 185°F.

Skewers: Wooden or metal pins of various lengths and sizes used to impale food.

Steam: Cook on a rack above boiling liquid, in a closed container so that the heat of the steam does the cooking.

Stock: Liquid in which meat, vegetables or fish has been cooked.

Toothpick: Small splinter of wood used to clean out the crevices between the teeth or to close cavities in cooking meats and to impale bits of food for better handling.

OVEN GUIDE

Slow oven	275°F. to 325°F.
Moderate oven	325°F. to 375°F.
Moderate-hot oven	375°F. to 425°F.
Hot oven	425°F. to 475°F.
Very hot oven	475°F. and above

DEEP FAT FRYING GUIDE

Small whole fish	fry at 370°F. for 3 minutes or until brown.
Fillets	fry at 370°F. for 4 minutes or until brown.
Oysters, clams, shrimp	fry at 370°F. for 2 minutes or until light brown.
Fritters	fry at 390°F. for 2-5 minutes or until done and browned.
Croquettes or fish balls	fry at 390°F. for 2 minutes or until brown.

INDICATIONS OF FAT TEMPERATURE

Fat at 365° - 375°F. will brown a 1 inch cube of day old bread in 60 sec

Fat at 375° - 390°F. will brown a 1 inch cube of day old bread in 40 sec

Fat at 390° - 410°F. will brown a 1 inch cube of day old bread in 20 sec

TABLE OF EQUIVALENT MEASURES

1 pinch	slightly less than 1/8 teaspoon
1 dash	slightly less than 1/8 teaspoon
1 teaspoon (tsp.)	60 drops, liquid
3 teaspoons	1 tablespoon (1/2 fluid ounce)
4 tablespoons (tbsp.)	1/4 cup
16 tablespoons	1 cup (236.5 cubic centimeters(cc)
2 cups (C)	1 pint
2 pints (pt.)	1 quart
4 quarts (qt.)	1 gallon
1 ounce (oz.) weight	28.35 grams
16 ounces	1 pound (lb.), weight or 1 pint liquid
1 liter (ltr.)	1.05 quarts, liquid .905 quarts, dry

COMMON PHILIPPINE EQUIVALENTS OF AMERICAN COOKING TERMS

apples - manzana
bacon - tocino - tusino
baking powder - baking powder
bake - hornohin
balls - bola-bola
banana - saging
barbecue - inihaw na buo
baste - basain nang sabaw
bay leaf - laurel
beans - habichuelas
beat - batihin
beef - vaca
beefsteak - bistek
beet - remolacha
beverage - inumin
blend - paghaluin
boil - ilaga
boiled - nilagang (pakuluan)
braise - tim
bread - tinapay
to bread - igumon sa dinikdik na tinapay
bread crumbs - mugmug na tinapay
breakfast - agahan
broil - inihaw
butter - mantequilla or mantekilya
cabbage - repollo
carrots - sanoria
casserole - caserola
celery - kinchay
cheese - queso
chicken - manok
chilled - pinalamig
chili pepper - tadtad
chocolate - tsokolate
cinnamon - kanela
clove - clavo de comer
coconut meat - niyog
coconut milk - gata
coleslaw - ensaladang hilaw na repolyo
cook - luto
cornmeal - maiz na giniling
cornstarch - gawgaw
cream - nata
croquette - croquetas
cucumber - pepino - pipino
cup (measure) - taza
desert - panghimagas
dice - tiladin nang cuadrado
dinner - hapunan
doughnut - donat
drain - patuluin
dry - tuyuin
eggs - itlog
egg white - puti nang itlog
egg yolk - pula nang itlog
evaporated milk - gatas na evaporada
fillet - gilit
fish - isda
flour - harina
fritters - maruya
fry - frito
frying pan - kawali
gelatin - gelatina
ginger - luya
grated - kinudkod
grind - giligin

guava - bayabas
gulaman - gulaman
ham - hamon
iced - pinalamig (na)
jam - halea
lard - mantica
lemon - dayap
lettuce - litsugas
liver - atay
luncheon - tanhalian
macaroni - macaroni
mango - manga
margarine - margarina
meat - karne
melon - melon
melt - tunawin
mince - dikdik
milk - gatas
mix - paghaluin
nutmeg - anis mascado
oil cooking - aceite or langis
(Spanish) (Tagalog)
omelet - tortilla - torta
onion - sibuyas
oranges - suha, naranjita
oven - horno
pan-broil - asado de carajay
pan-fry - frito
parboil - patigasin
pare - balatan
parsley - perejil
peamut - mani
peas - habichuelas
peel - talupan
pepper (black) - paminta itim
pepper (green) - sili
pint (measure) - dalawang tasa

poached egg - estrelyadong itlog
pork - karne baboy
potatoes - patatas
radish - labanos
rice - bigas
cook rice - kanin
salt - asin
to salt - asinan
sauce - salsa
salad - ensalada
saute - ginisa
sauteed - ginisang
scald - banlian
scrambled eggs - rebuelto
shrimp - hipon
sodium bicarbonate - bicarbonato de sosa

soup - sopas
soy sauce - toyo
spaghetti - spaghetti
spinach - espinaca
steam - pasingaw
stew - nilaga
stir - haluin
stock - sabaw
sugar (brown) - asucal na mapula
sweet sour sauce - sarsang matamis at maasim

tablespoon - cuchara
tapioca - sago
teaspoon - cucharita
toast - tostahin
toasted rice - sinangag
tomatoes - kamatis
turnips - sinkamas
vegetable fat - langis
vinegar cider - suka
yeast - levadura

FISH COOKING METHODS

One idea must be kept in mind throughout any cooking of fish. "Fish should be cooked just enough to bring out the fine flavor". More fish is overcooked than undercooked. A prolonged cooking of fish protein toughens rather than tenderizes. When the meat separates easily from the bones, remove the fish from the fire, as it is done.

Generally speaking, fat fish can be broiled and baked since the oozing fat will keep them from becoming too dry. Lean fish must be cooked in an atmosphere of moisture, so steaming, boiling, and rapid frying methods should be used. Lean fish make the best soup and chowders as the pieces keep their identity better than those of fat fish.

Cooking on modern stove

BAKED FISH

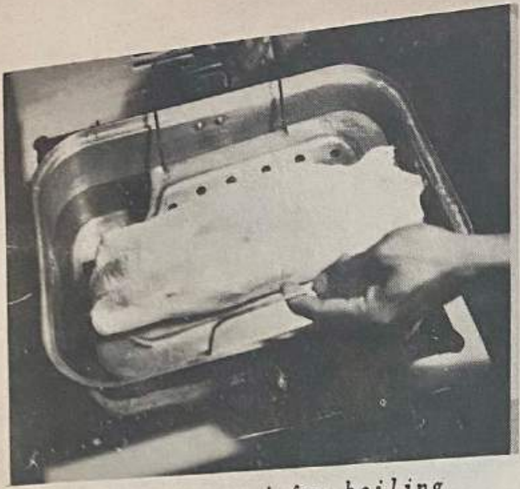
Usually the whole fish, without the entrails is used for baking. When thoroughly clean, the fish is rubbed inside and out with salt, or soaked a few minutes in a brine, stuffed loosely with a favorite stuffing and the opening sewed or fastened in some way to prevent the stuffing from falling out. Some cooks use cheesecloth or stockinette close wrapped around the fish. This has the dual function of keeping the fish closed and helping to maintain the original shape. However, when removed, the cheesecloth pulls off the skin and bits of flesh, besides possibly causing the breaking of the fish, by too much handling.

The fish is placed on a greased rack and baked uncovered in a moderate oven (375°F.) for about 10 minutes per each pound of fish under four pounds and 15 minutes per pound for fish over that weight. Fish that dries out excessively should be brushed with a fatty dressing or covered with strips of bacon. Another method for a 3-5 pound fish is to bake for 10 minutes at 500°F. followed by a like period of time at 400°F.

Garnished baked fish

Small fish, steaks and fillets can be wet with salted milk, brushed evenly with dried bread crumbs and placed in an oiled baking pan. After sprinkling with a little oil, bake the fish in a very hot oven (500° - 600°F.) for about 10 minutes. This method is only successful when dried bread crumbs are used as the coating medium.

BOILED FISH


Fish prepared for boiling

Wrap the whole fish in cheesecloth or cooking parchment paper and lay the fish on a rack. Add enough water to cover the fish, season with 1 tablespoon of salt and 1/2 tablespoon of lemon juice per each quart of water. Onions, bay leaves, carrots, ginger and other flavoring agents may be added if desired. Bring the water to a boil and them simmer until fish is done. This condition is indicated by the flesh separating, somewhat, from the bones. It usually takes about 10 minutes per pound for thin fish and a little more for thick fish.

When boiling fish slices, they must not be too thin. (1/2 to 2/3 inches thick is recommended). The prepared water should be boiling when they are plunged in and the heat must be lowered immediately. The water should be held just below the simmering point until the fish is done. This difference in procedure from that used in cooking the whole fish is used because the boiling water dip seals the juice in the slices and thus keeps them from drying out, while the flesh of a whole fish would split and have an undesirable appearance with the same treatment.

To increase the whiteness of white fleshed fish, milk at the rate of one part to eight of water can be added.

Boiled fish is particularly appetizing with a tasty sauce, fresh parsley and white potatoes or rice.

STEAMED FISH

Steaming uses the same type of fish as boiling. The fish is thoroughly seasoned with salt and pepper and placed on an oiled tray in the well of a steam cooker or over boiling water. The cooking time is about the same as for boiled fish.

POACHED FISH

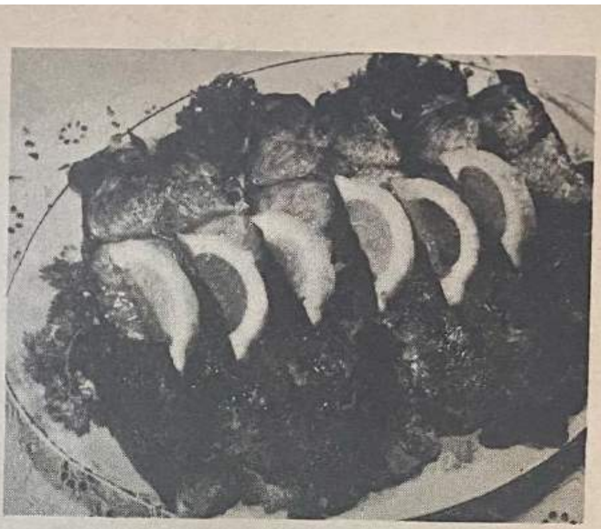
Using sole or other tender fish, place them on a buttered baking tray. Season with salt and dampen the whole fish with mushroom puree or soup. Cover the pan and place in a moderate oven (350°F.). Baste from time to time with mushroom soup or thickened fish broth and a little fat. When the fish is done (about 10 minutes per pound for small fish and 15 minutes per pound for large fish), the poaching liquor can be made into a sauce and served with the fish.

Fish both poached and broiled with oysters and shrimp

BROILED FISH

For broiling use small fish, fillets, steaks and deeply gashed, tender, large fish.

Mullet, mackerels, herrings and other naturally fat fish can be broiled without any more preparation than laying them on the preheated grill. The French like to sprinkle the fish with butter and many people like to salt the fish before broiling.



Broiled fish ready to be served

Lean fish require a bit more preparation to keep them from drying out excessively. The French roll the fish in flour and sprinkle with oil or fat. The Americans omit the flour and brush the fish with salted and peppered butter, oil, fat or French dressing. When the fish is turned some people like to apply the dressing again.

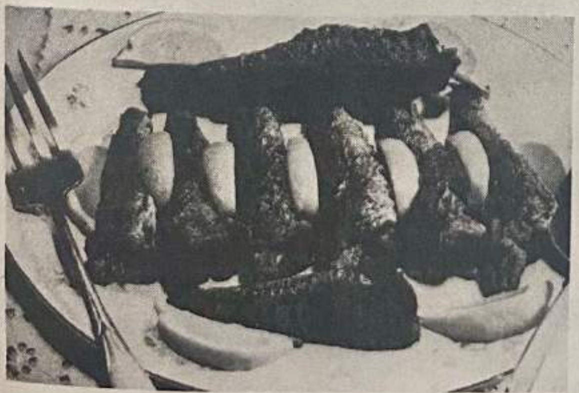
The fish should be placed 2-3 inches from the flame and turned when brown. The complete process should not take over 10 minutes, but of course this time period varies with the size and tenderness of the fish and the heat of the fire.

Broiled fish is excellent served with parsley, lemon, anchovy butter or deviled sauce.

Fish differs from other meats being broiled in that a medium flame is better than a hot flame and that basting liquor will enter into the flesh rather than just clinging to the outside.

FRIED FISH

By fried fish, pan frying is usually indicated. Small fish, steaks and fillets can be fried. The fish is dipped into salted milk, rolled in a mixture of flour and corn meal and fried in a thin layer of hot fat. Use regular cooking fats as butter smokes and breaks down at relatively low temperatures. Cook on both sides until brown, usually about 10 minutes altogether.



Catfish pan-fried, American-Indian style

Small fish and small pieces of fish may be dipped in an egg batter, rolled in bread crumbs and fried from 5 to 10 minutes, depending on the size of the fish or pieces. Serve a pan-fried fish with parsley and lemon. Contrary to the general practice, as recommended above, the French use a very hot butter to fry in and roll the fish in flour and seasonings. The fish is fried until brown and served with a few drops of lemon juice.

Deep fat-fried fish

Another method of serving, is to scald some chopped parsley and place i on the hot fish. Then a piece of butt is heated until it froths slightly. This is poured over the parsley where it froths vigorously.

DEEP-OIL PAN FRIED AND DEEP FAT FRIED FISH

The former requires cooking oil t a depth of about one inch and the latter utilizes deep fat. Both are most efficient at a temperature of 375°F.

The fish should be cut up into serving portions, rolled in a mixture of flour and cornmeal or dipped in egg and rolled in bread crumbs. Then carefully drop the fish into the fat and turn when brown. It is better, when deep fat frying, to use one layer of fish in a wire basket and immerse this in the fat. When the fish rises to the top, remove it and drain on absorbent paper.

PLANKED FISH

Planked fish is a combination of baking and broiling. The split fish is laid skin down on a hard wood fish plank or ovenware glass platter. It is salted and peppered and brushed with oil or French dressing. It is then placed in a 400°F. oven for 20-25 minutes, followed by broiling for a few minutes, until a rich brown color is obtained. It may be surrounded with mashed potatoes or broiled tomatoes and returned for another short broil to lightly brown the vegetables. A parsley garnish on the fish with a few slices of lemon makes this an attractive dish when served piping hot.

Cooking on native stove

The eating of fish in most homes is as prosaic as the eating of rice or potatoes. The methods of preparation are usually limited to several simple ones. If a "really good" fish dinner is desired people go to a restaurant with a well known fish cuisine. This seems ridiculous, if one will but consider the vast number of interesting ways that fish can be prepared in the home.

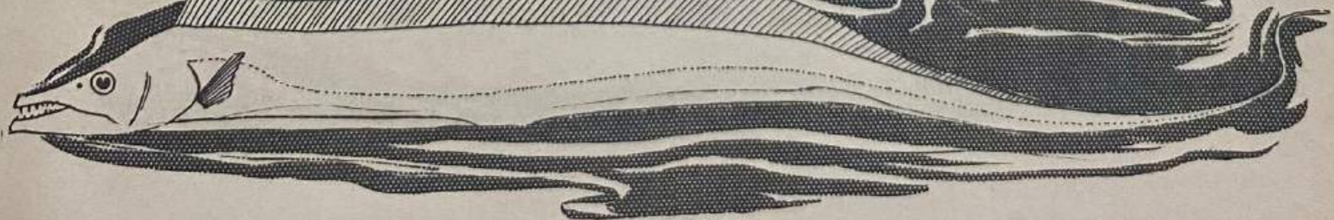
While looking over the following recipes, visualize, if possible, what each dish would look like on the table.

USEFUL RECIPES

Soup

It seems only proper that this galaxy of star recipes be lead by the most famous fish dish of them all, Bouillabaisse. The famous French chef, Escoffier, always referred to it as "the king of the fish soups". That great poet Thackeray immortalized Bouillabaisse with this verse:

> "This Bouillabaisse a noble dish is,
> A sort of soup, or broth or brew,
> A hotch- potch of all sorts of fishes
> That Greenwich never could outdo;
> Greenherbs, red pepper, mussels, safron,
> Soles, onions, garlic, roach and dace ..."



HAIR TAIL
Average Length: 40 centimeters

French Bouillabaisse

All France makes Bouillabaisse and every locality swears that its recipe is best. The recipe given here comes from Marseilles, the original home of this justly famous soup, where the author saw it prepared and ate it with delight.

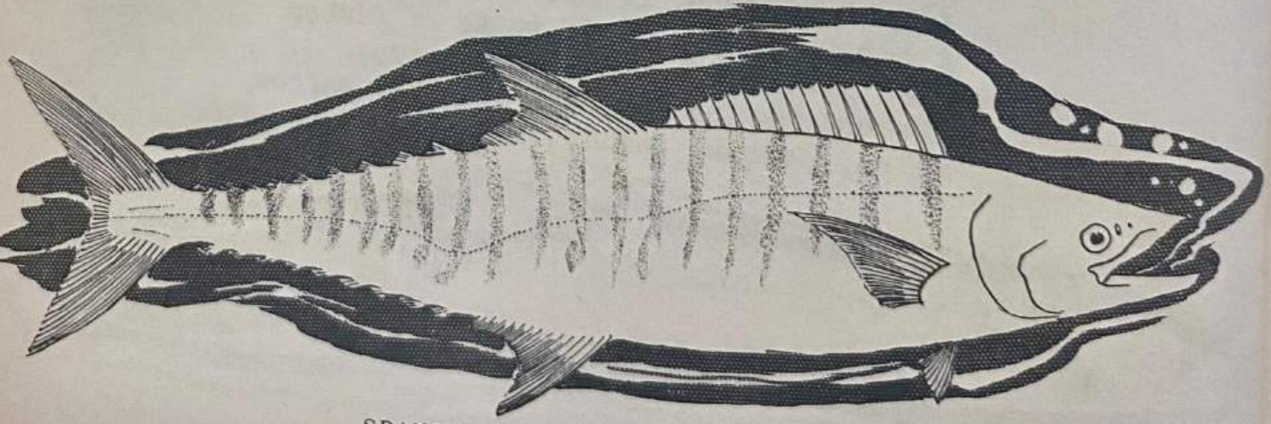
Bouillabaisse - Marseilles (France)

½ pound flesh of lapo-lapo (sea bass)
1 good sized lobster
1 pound fresh water eel or catfish
1 pound red gurnard of small red snappers
½ pound talakitok or Spanish mackerel
½ pound crab meat
½ pound dalagang bukid
½ cup of good oil
2 large onions, minced
2 large tomatoes, without seeds or skins
3 crushed cloves of garlic
2 bay leaves
¼ teaspoon thyme
¼ teaspoon fennel
¼ teaspoon saffron
Salt and pepper
10-12 slices plain bread

Cut the fish into 2 inch pieces, keeping the delicate textured fish from the coarse fleshed fish. Coarse fleshed fish mean those that require a longer cooking time than the more delicate flavored fish.

To the oil, add the other ingredients and include the coarse fish but not the tender ones. Cook in a kettle over a hot flame for 8-10 minutes and then add enough cold water to cover well. Add the rest of the fish. Check the seasoning and add salt and pepper to your taste. Heat over a hot fire for 12-15 minutes so that the liquid boils vigorously for at least 5 minutes. This mixes in the oil.

Arrange the slices of plain bread on the bottom of a deep platter or serving dish and strain the liquid portion of the hot mixture over them. Place the slices of fish on a separate hot platter, sprinkle with chopped parsley and serve as a side dish to the soup.



SPANISH MACKEREL (*Tangigi*)
Average Length: 50-100 centimeters

At this point Belgian Waterzoie de Poissons should be included, but as it is much the same as the Bouillabaisse, only the points that differ will be listed - the oil, saffron and fennel are eliminated, a little butter, celery and parsley are added and the fish is cooked in a media composed of 3/4 white wine and 1/4 water. Otherwise the procedure is the same. Some Belgians like to fry the bread in butter before pouring the liquid over it.

The Norwegians like plain wholesome food and their Fiskesuppe is no exception.

Fiskesuppe (Norway)

5 pounds dalagang bukid
2½ quarts of water, to which
1 tablespoon of salt has
been added

1 tablespoon flour
½ cup Marsala or white wine
1 tablespoon butter

The fish is cut into large pieces and simmered in the salted water for 2-1/2 to 3 hours. The liquid is poured off and thickened with a white roux made by blending the melted butter and the flour together and gradually mixing in the wine. If the soup is preferred brown, saute the flour and butter before adding the wine. A little cayenne pepper, thyme and onion makes this dish more appealing to many.

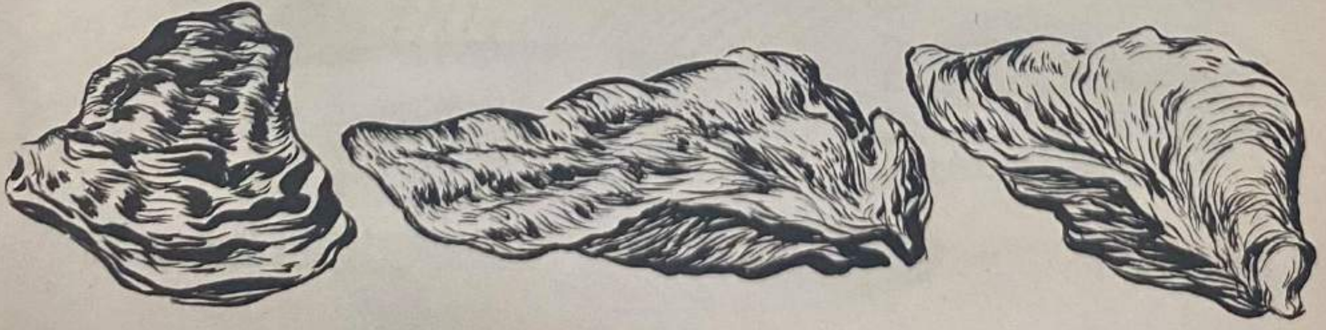
Never boil fish but hold the cooking liquid between 185-195°F.

A very pleasant fish soup from Majorca Spain is the Sopa a la Mallorquina de Pescado.

Sopa a la Mallorouina de Pescado

2 quarts fish stock made by
simmering fish bones and
head in water for 2 hours
1 large onion
3-4 medium sized tomatoes
2 cloves of crushed garlic

1 cup white wine
1 tablespoon Madeira
1 tablespoon chopped parsley
Salt to taste
6 slices bread fried to crispness in a little oil



OYSTERS
Average Length: 10 centimeters

Shred the onion fine and saute' in a liberal amount of hot oil. Add the quartered tomatoes, garlic, parsley and wines. Let simmer about 10 minutes, add the hot fish stock and season with salt. Add the slices of bread. Simmer gently for about 5 minutes. Serve hot.

While a caldillo is a light soup or gravy in Spain, it gains weight and substance and becomes a full fledged stew in Chile.

Caldillo de Pescado (Chile)

1 large, firm fleshed fish
2 medium onions, thinly sliced
2 tablespoons oil (olive oil
  is preferable)

2 large tomatoes
8 medium potatoes
1/3 cup of rice
Salt and pepper

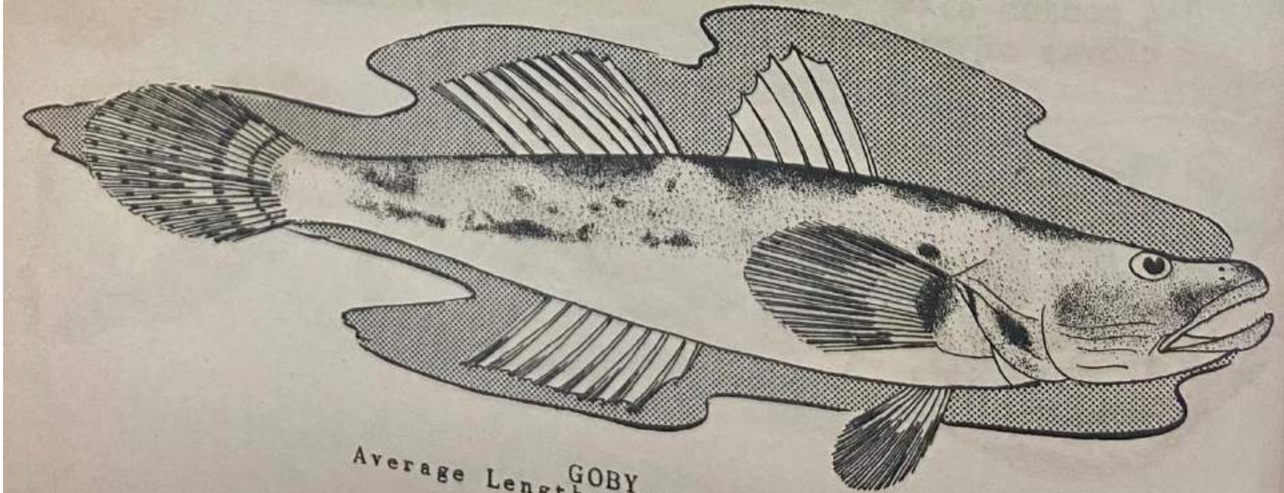
Clean and cut the fish into individual portions. Pour the oil into the bottom of an earthenware pot and place one half the onions and one half of the sliced potatoes in the oil. Lay the fish on this and then add the rest of the sliced potatoes. Follow with layers of onions, rice and finely sliced tomatoes. Season liberally with salt and pepper. About 1-1/2 teaspoons salt and 1/4 - 1/2 teaspoon pepper is recommended. Simmer for 5 minutes. Follow with the addition of 1-1/2 quarts boiling water, cover and cook slowly for 3/4 of an hour. Serve hot from the cooking dish.

In making a lobster or clam chowder the dish tastes best on the next day after preparation; which suggests an aging period may be in order.

New England Chowder or Manhattan Chowder

2 pounds diced fish or 1
  pint of shellfish
  without the shells
4 ounces salt pork, diced
  fine
1 pint diced potatoes

½ cup diced onion
1 quart of milk
2 teaspoons salt
¼ teaspoon pepper
1/8 teaspoon thyme
1 quart of water



GOBY
Average Length: 30 centimeters

Fry the pork until it is fairly brown. Saute' the onions in the fat until they are yellow. Add the water. Boil for a few minutes and add the potatoes. When these are half done, add the fish. When ready to serve, add the milk and seasoning. Bring just to a boil and serve hot with some fried croutons. This is New England Chowder.

If one prefers the Manhattan Chowder double the above quantities of pork, potatoes and onion, halve the quantity of milk and add 1 cup of tomatoes (stewed or canned) plus 1/4 teaspoon of baking soda.

One of the great culinary controversies of our times rages in North Eastern America concerning the relative merits of these two chowders.

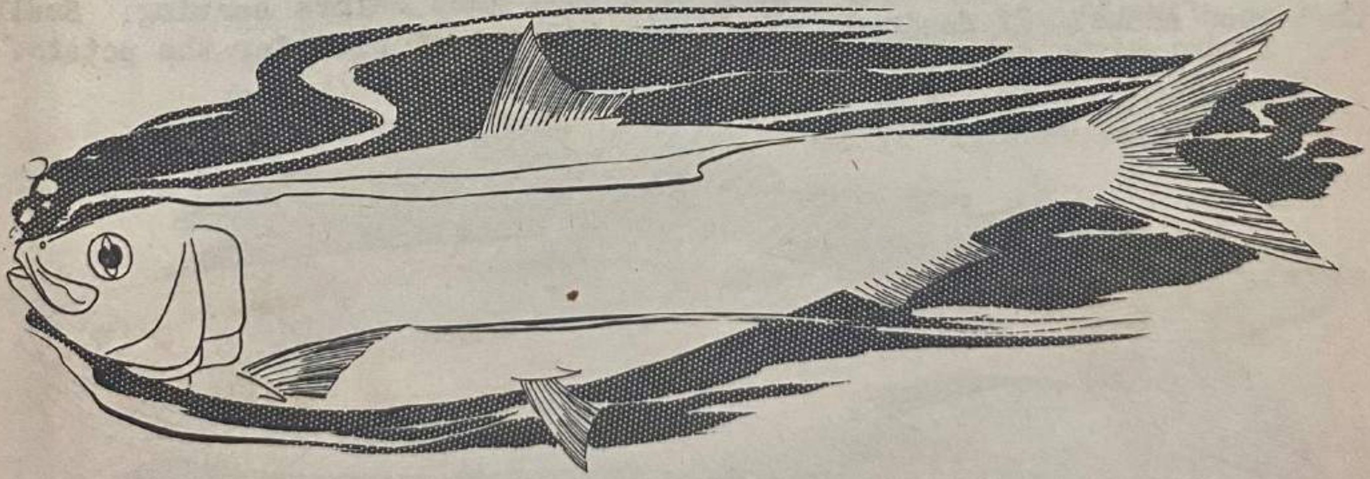
It would be rank heresy to leave out the Russian Tsorbassi and Ouka so they will be included here. There is also a Russian Soljinka but the recipe is not available except that it is known it contains fish and onions.

Tsorbassi

- 2 pounds white fish, cut fine
- 1 large handful of chopped soup greens
- 1 clove garlic, finely chopped
- 3 pints of water
- 1 tablespoon Worcestershire sauce
- 1½ teaspoons salt
- ¼ teaspoon cayenne
- 2 tablespoons rice, dry
- 1 cup shelled shrimp

Simmer the fish, greens, garlic and water for 1 hour. Strain through a coarse-cloth (cheesecloth) and squeeze as much material through as possible.

Season the juice and bring to a boil. Add the rice and boil for 20 minutes. About 5 minutes before serving add the shrimp.

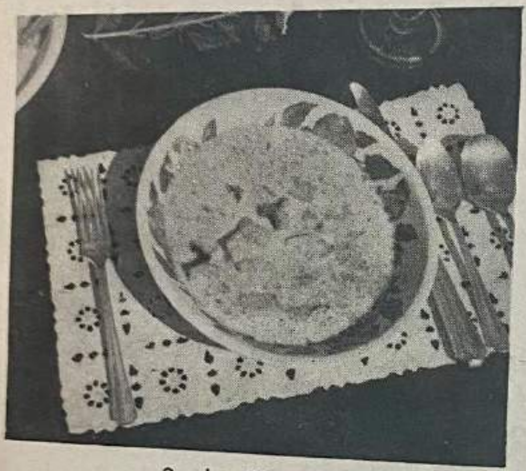


SARDINE
Average Length: 15-18 centimeters

Ouka or Ouha

- 2 carrots
- 2 turnips
- 6 leeks (small onion like plants)
- 2 teaspoons salt
- 1 pound sliced boneless fish
- 1 bay leaf
- ¼ teaspoon allspice
- 2 quarts of water
- 4 tablespoons butter
- 1 fish head

Cut the vegetables into small pieces. Add the spices and water. Cook for one half an hour. Add the fish flesh and head. Simmer for 15-20 minutes and remove the head. Drop in the butter and just bring to a boil. Serve hot.



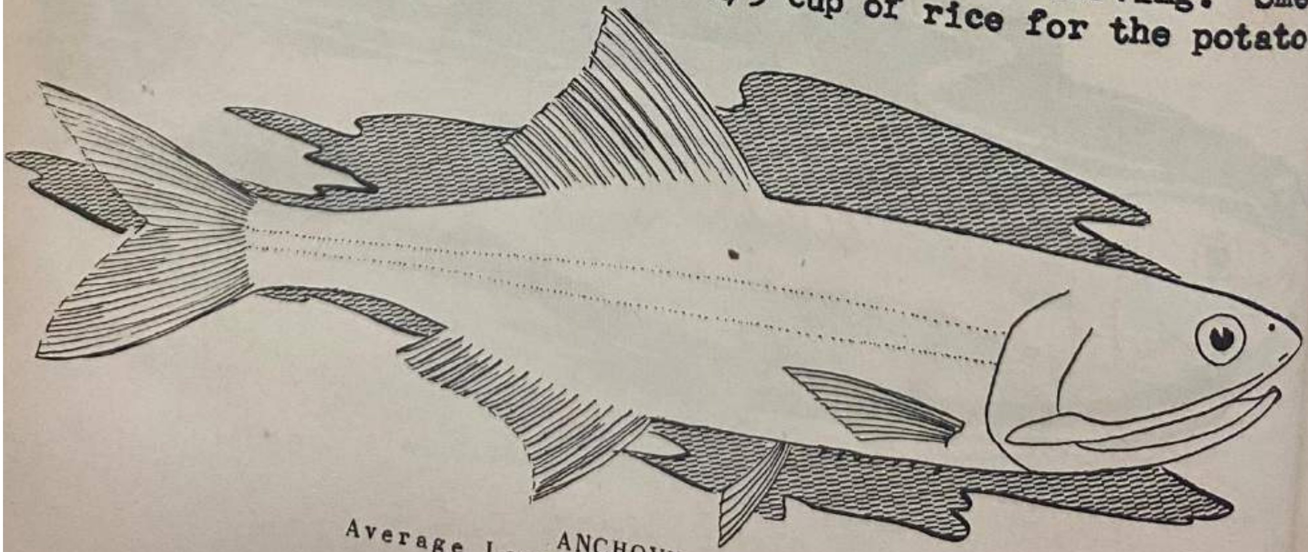
Smoky Chowder

For a really tangy unusual dish try the Smoky Chowder with all its suggestions of the wood fire and eating out in the open.

Smoky Chowder

- ¼ pound cubed, fat, saltpork
- 1 large, finely sliced onion
- 4 medium potatoes, cubed
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 bay leaf
- Black pepper tea, made by simmering 1 tablespoon of peppercorn in ¼ cup of water for 20 minutes
- 1½ pounds smoked fish, cubed

Brown the pork in a skillet. Add the onions and saute until they are translucent. Place everything else in the pan except the milk and fish. Simmer until the potatoes are almost done. Then add the rest of the ingredients and simmer for 10 minutes, bringing to a boil just before serving. Smell that wood smoke? If desired, substitute 2/3 cup of rice for the potato.



ANCHOVY
Average Length: 10 centimeters

Cream Soup

1 pound of boneless fish or shellfish	4 cups of milk
¼ cup finely sliced onion	1 cup chopped celery
1 cup fish stock or water	4 tablespoons butter
4 tablespoons flour	1½ teaspoons salt (vary to taste)
	¼ teaspoon each pepper and paprika

Simmer the fish in the stock or water for 10-20 minutes. When cooked, put through a fine food chopper. Add the other ingredients to the milk and stir in a double boiler or in a pan suspended in boiling water until the mixture thickens. Mix in the fish, check the seasoning and serve hot with diced, fried toast or with crackers.

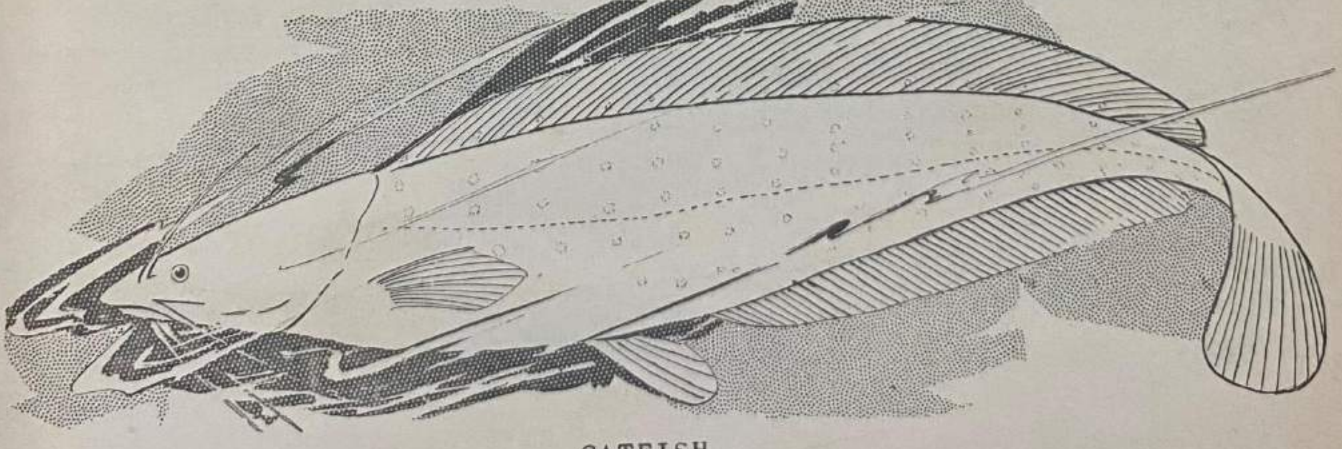
The rich creamy appearance of this dish makes a good impression at any meal and the cost is slight.

Fish Soups in General

A fish soup does not have to follow any particular recipe. After the flesh has been removed, the bones may be simmered with some water to extract the goodness. The resultant broth should be the basis of the soup. To this add the fish either precooked or raw, a little onion, possibly a touch of garlic, a bay leaf, maybe a little salt pork fat, or butter and always salt and pepper. For a creamy soup, milk and flour have to be added, and for the Creole style, tomatoes are necessary. Tamarinds, thyme, paprika, celery, carrots, cabbage and pechay all add their distinctive flavors. It is well always to have an image in ones mind as to the way he wants a particular dish to taste and then add selected ingredients until it tastes that way. Cooking can be fun as well as work!

Our plenteous streams a various race supply
The bright-eyed perch with fins of Tyriean dye,
The silver eel, in shining volumed roll'd,
The yellow carp, in scales bedropp'd with gold,
Swift trouts, diversified with crimson stains,
And pikes, the tyrants of the wat'ry plains.

----- Alexander Pope in "Windsor Forrest"

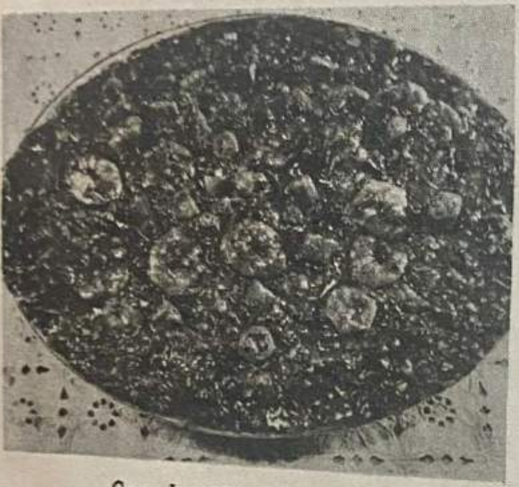


CATFISH
Average Length: 20 centimeters

STOVE TOP DISHES

In the Philippines, stove-top cookery is probably the most important type of fish preparation and as such, it will get the most thorough attention. It demands that a full flavorsome meal be prepared with a minimum number of ingredients, in the shortest possible time and with the simplest procedure possible.

> All human history attests
> That happiness for man, - the hungry sinner!
> Since Eve ate apples, much depends on dinner.
>
> ----- Byron



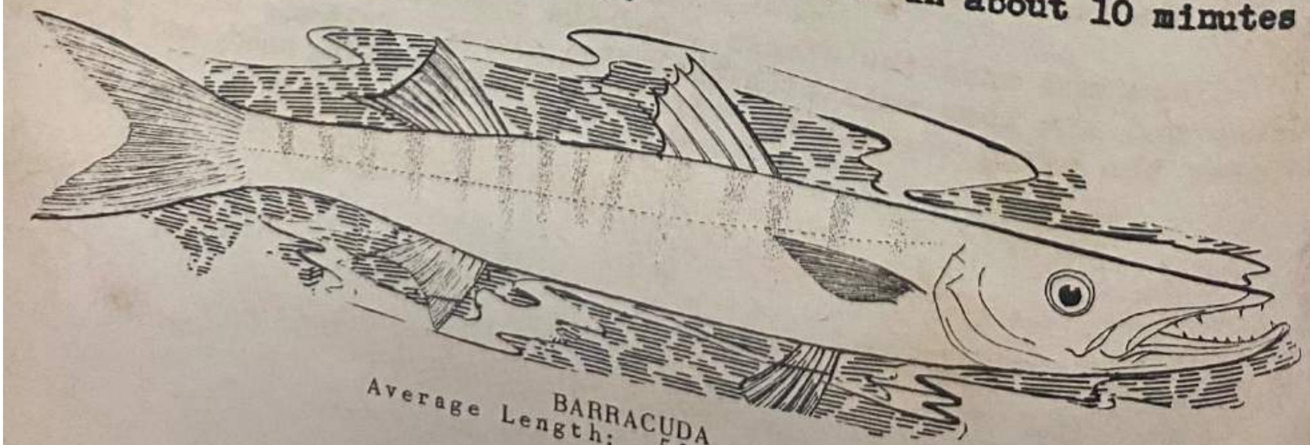
Creole Shrimp Gumbo

Shrimp Gumbo
(Southern United States)

3 slices bacon or salt pork
1 small onion
1 tablespoon flour
1 cup stewed tomatoes
1 cup hot water
8 okra, cut in 3/4 inch cross slices
3 cups shrimp, cooked and shelled
1/8 teaspoon Cayenne pepper
½ cup rice

Chop up the bacon and saute' in a frying pan. Add the onion and fry for 5 minutes. Brown the flour in the fat and add the tomatoes, water, okra, shrimp, salt and Cayenne pepper. Simmer for 40 minutes and serve hot with the rice that has been cooked in the same water that the shrimp were cooked in.

Some people use butter instead of bacon and also add Worcestershire sauce, pimiento, thyme, a bay leaf, parsley and sugar but this recipe is simpler. It is recommended that the shrimp be put in about 10 minutes before the end of the cooking period.



BARRACUDA
Average Length: 50 centimeters

Red Snapper Saute (Brazil)

- 6 servings of red snapper fillets
- 1½ cups of milk plus 1 teaspoon salt
- 1 bay leaf
- ¼ teaspoon powdered thyme
- 4 crushed sprigs of parsley
- Flour seasoned with salt and pepper
- ¼ cup cooking oil
- ¼ cup margarine
- 2 saba bananas
- 2 tablespoons lemon juice
- 1/3 cup grated fresh coconut

Cook the fillets in the salted milk with the thyme, bay leaf and parsley for 30 minutes. Dry the fillets thoroughly and roll them in the seasoned flour. Fry this fish in the mixed fats until it is a light brown on both sides. Drain on absorbent paper. Slice the bananas into 3 lengthwise slices apiece and brown them in the fat. Place one slice on each serving of fish.

Make the leftover fat up to 1/2 cup with melted margarine or butter and add the lemon juice and coconut. Heat until the coconut is browned and serve the sauce over the fish. Other fish that pan fry well may be similarly treated.

[redacted]

Rueda de Pargo
(South America)

- 3-4 pounds of red snapper cut in 6 steaks
- ½ pound peeled tomatoes
- 2 large peeled green peppers
- 2 large onions, sliced thin
- Fish stock
- 3 tablespoons butter or margarine
- 2 cups fresh shelled peas or
- 1 No. 2 can of tender peas
- 1½ teaspoons salt (to taste)
- ¼ teaspoon black pepper

Rueda de pargo

Clean and wash the steaks. Cut the tomatoes and peppers into small pieces and mix them well with the onion slices. Melt the butter and pour it over the mixed vegetables. If fresh peas are being used, add them now.

SQUID
Average Length: 20-25 centimeters

Cook the mixture gently for five minutes. If the peas are from a can add them at this point with the fish steaks. Cover with hot stock made by simmering the fish bones in a little water. Cover and simmer on top of the stove for 35 minutes or place, uncovered, in a 300°F. oven for 30 minutes. When the fish is tender serve directly from the casserole, at the table.

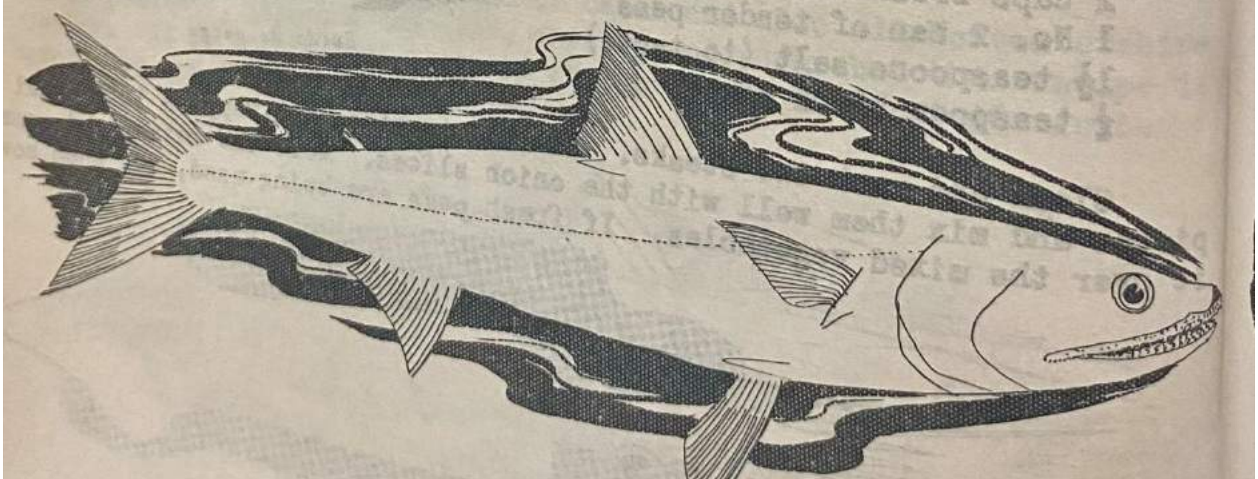
Lapo-Lapo - South American Style

- 2¼ pounds fish, lapo-lapo
- 1 medium onion, chopped
- 2 tablespoons cooking oil
- 1 No. 2 can of tomatoes or 6 large stewed tomatoes, without skins
- 1 large green pepper, without skin or seeds
- 1 teaspoon minced parsley
- ½ teaspoon Maggi or Worcestershire sauce
- 1 teaspoon sugar
- Salt and black pepper to taste
- ¼ teaspoon Cayenne pepper

Remove the flesh from the fish skeleton and cut it up into 2 inch cubes. Fry the onions in the oil until tender and add the tomatoes. Simmer until the sauce begins to thicken and add short strips of green pepper with the remaining ingredients. Add the fish and cook slowly without any more stirring than is necessary to prevent burning. Serve with cooked rice.

Hawaiian Curried Fish

- 1½ cups coconut milk
- 1 teaspoon of good curry powder
- 1 tablespoon fine, fresh ginger threads
- 2 cups lightly salted, diced, raw fish
- 1 medium sized onion, chopped fine
- 2 tablespoons butter or margarine
- 1 tablespoon flour



LIZARD FISH
Average Length: 25-30 centimeters

To get the coconut milk, add 2 cups of boiling water to an equal amount of grated fresh coconut and press the liquid through a fine strainer or cloth. Add the curry powder. Lightly brown the ginger and onions in the butter and then pour in the milk mixed with the flour. Stir and cook for five minutes.

Add the fish and simmer until the fish flakes apart easily. Serve with rice or potatoes.

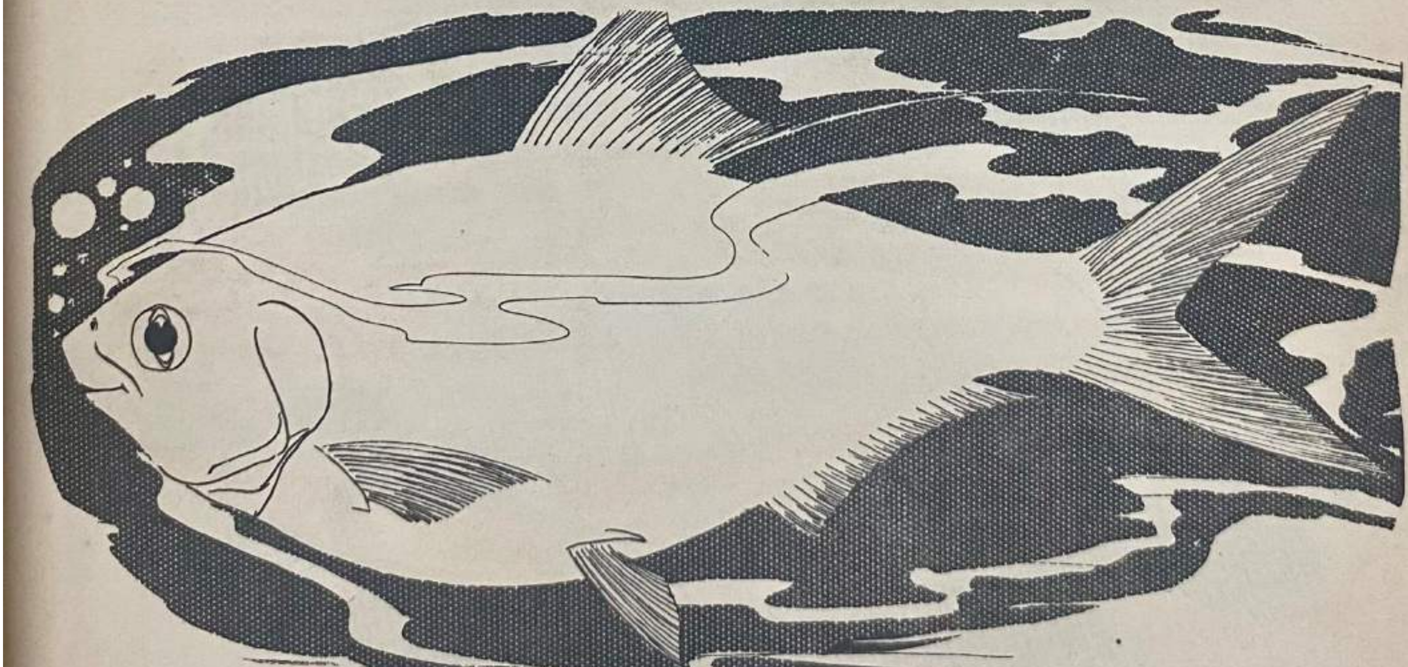
Fish in Beer

Here is one for the man of the house when he has gentlemen friends in.

3 pounds of fat fish, fresh water eel, catfish, carp, etc.
3 tablespoons butter or margarine
2 tablespoons flour
3 cups beer or ale
1 large finely sliced onion
¼ teaspoon black pepper
1 clove
A dash of nutmeg
1 small bay leaf
1 parsley sprig
Salt
1 teaspoon lemon juice

Cut the fish into large pieces, removing as many bones as possible. Melt the butter, and blend in the flour. Add the beer and bring to a boil with constant stirring. Add the remaining ingredients and cook gently for about 20 minutes or until the fish is done.

If all the above ingredients are not available, the clove, nutmeg and leaves can be left out without too much harm. Do not be afraid of intoxication as much of the alcohol cooks off leaving the flavor.



GIZZARD SHAD
Average Length: 15 centimeters

Fish Rarebit

Not all recipes require expensive fish in their preparation. Try this recipe for a meal that makes a lot out of a little.

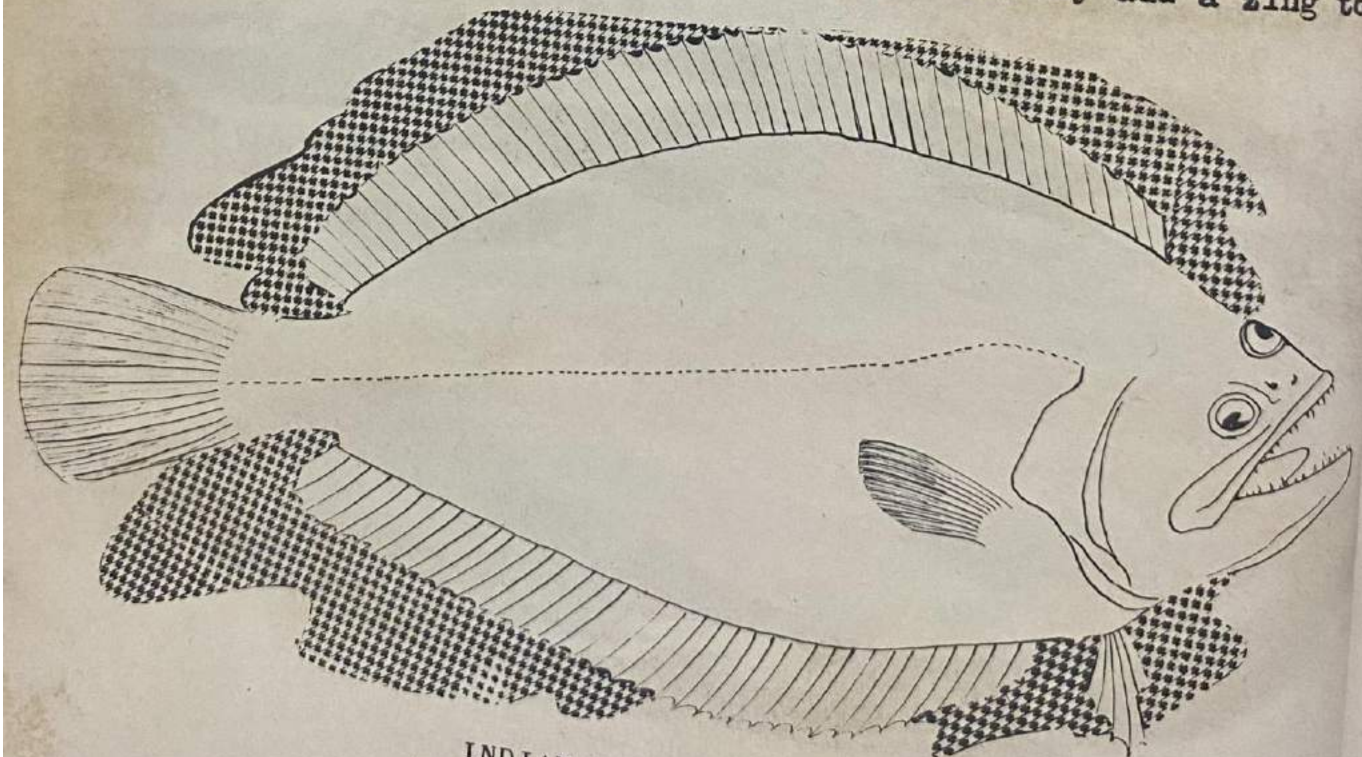
- 2 cups white sauce (see Sauces)
- 3 egg yolks
- 2 cups of any cooked fish meat
- 4 tablespoons grated sharp tasting cheese
- Salt, pepper, cayenne, paprika

Pour the white sauce over the egg yolks in a double boiler or a pan resting in boiling water. Stir. Add the rest of the ingredients and season to taste. It is recommended that about 1/2 teaspoon additional salt, 1/8 teaspoon pepper, a like amount of cayenne and 1/2 teaspoon of paprika be used. Heat until all the mixture is very hot and serve over pieces of hot toasted bread. If desired, a sauce can be added too. Was there ever anything quite like it?

Malayan Breakfast Fish

- 3/4 pounds cooked white fish
- ¼ cup butter or margarine
- ½ cup flour
- 2 teaspoons curry powder
- 2 teaspoons chutney (optional)
- ½ teaspoon lemon juice
- 3 small slices pineapple, cut fin
- 2 cups milk (coconut milk will do)
- ½ cup boiled rice
- 3 hard-cooked, eggs, sliced crosswise
- ½ teaspoon salt

Remove the bones and skin from the fish. Place the fish in a sauce pan with the butter. Gradually heat and stir in the flour, followed by the curry powder, chutney, milk moistened pineapple and milk. Bring to a boil and add the rice, eggs, fish, salt and lemon juice. Heat thoroughly and serve over toasted bread. Curry and pineapple really add a zing to this dish!



INDIAN TURBOT *(Kalangkaw)*
Average Length: 30 centimeters

Chang-Dow-Ha

Chang-Dow-Ha

- 4 tablespoons cooking oil
- ½ teaspoon salt
- Dash of pepper
- 1 cup chicken soup or bouillon
- ¼ cup water
- 1 pound cleaned shelled shrimp
- 2 pounds green peas or
- 1 No. 2 can of small canned peas
- 2 teaspoons soy sauce
- 4 cups steamed rice
- 2 tablespoons cornstarch

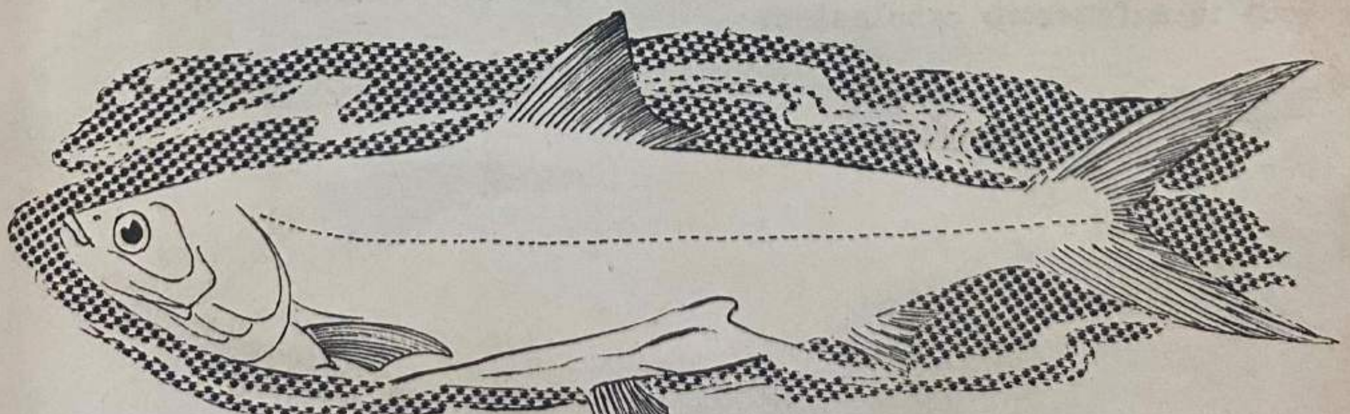
Place fat, salt and pepper in a frying pan and heat. Dice shrimp and add to fat. Cook until lightly browned. Add the bouillon and shelled green peas. Cook until the peas are tender. Then blend together and add the cornstarch, water and soy sauce. Bring to a boil and simmer a couple of minutes.

This will serve four people quite handily. Hot rice should be served with it. Some prefer to add an extra teaspoon of salt and 1/4 teaspoon of black pepper when this recipe is cooked. If fresh green peas are not available a No. 2 can of small green peas, without the liquid, can be added at the same time as the thickening agent is poured into the mixture.

Moultee (Java)

- 1½ pounds bangos or other white fish, flaked
- 3 tablespoons margarine or butter, mixed with 1 tablespoon curry powder
- 2 tablespoons flour
- ½ cup boiling water
- 2 finely chopped chili peppers
- 2 tablespoons green ginger threads
- ¼ cup of cream that arises off coconut milk
- Salt and rice

Cut the fish into one inch cube and fry in the fat-curry mixture. When almost done remove the fish and add the flour, water, chilies and ginger. Hold below boiling point for a few minutes. Then add the cream,



MILKFISH *(Bangos)*
Average Length: 30 centimeters

fish, and salt to taste. Mix gently and simmer for 5 minutes. Serve on cooked rice. As the chilies dominate this dish, graduate the amount used to taste.

Pescado con Arroz (Spain)

This dish to a Spaniard is as popular as baked beans and brown bread is to a man from Boston, Massachusetts.

- 2 pounds white fleshed fish
- 2 stalks celery
- 1 carrot
- 1 sprig fennel
- Several thyme leaves
- 1 cup dry rice
- 2 small onions
- 2 cloves garlic
- 3 tablespoons cooking oil
- 1 pound tomatoes
- 3 tablespoons chopped parsley

Bone the fish and cut the flesh in 2 inch square pieces. Simmer the head, bones, chopped celery, carrot, and onions, fennel and thyme in enough water to cover for 3/4 of an hour to make fish stock. Strain. Saute' the parsley and chopped garlic in the oil for a couple of minutes and add the fish. Saute' until the fish is a light brown. Place the fish and seasoning to one side and fry the sliced tomatoes in the fat. Cover the rice with salted fish stock and cook until dry and flaky.

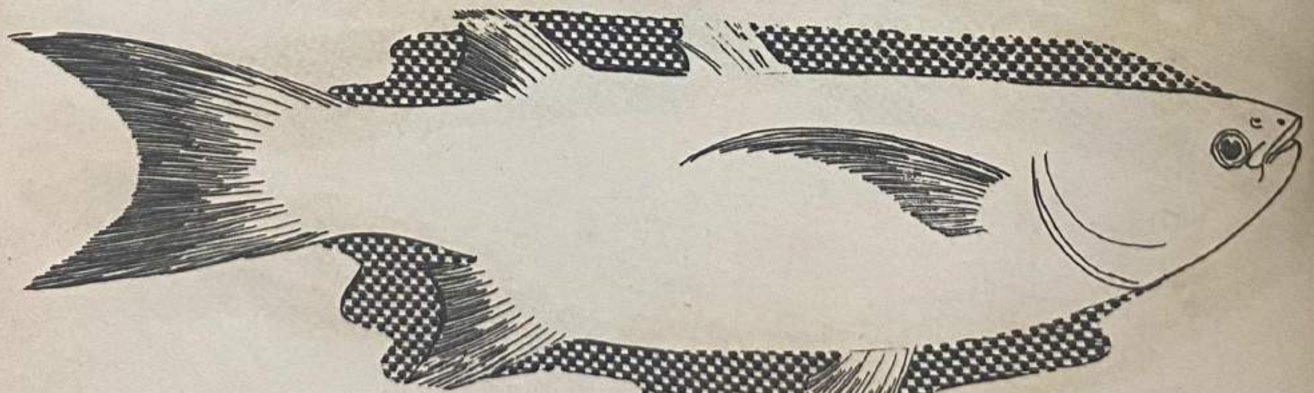
Place the rice in the center of a platter with rings of fish and tomatoes around it. Doesn't it look beautiful? Tastes good, too!

Tirglie Alla Liveronese

With all the banak or mullet caught in Philippine waters, this ought to be quite a favorite.

- 6 mullet, 6-8 inches long
- 2 cloves garlic, finely chopped
- 2 stalks celery, chopped fine
- 4 tablespoons cooking oil
- 1-2 pounds tomatoes, chopped
- Salt and pepper
- 4 sprigs parsley, chopped fine

Clean and dress the banak for the pan. Fry the garlic, celery and parsley in the oil until the garlic begins to brown. Add the tomatoes and cook into a pulp. Rub through a sieve. Season the puree' with salt and pepper. Cook the mullet in it until they are tender. That this dish is good is a foregone conclusion!



MULLET (*Banak*)
Average Length: 30-40 centimeters

Daube de Poisson (Martinique)

Daube de Poisson

- 3 pounds large fish such as tangigi, maya-maya, talakitok or barracuda
- Juice of 4 lemons
- 1 tablespoon salt
- ½ teaspoon black pepper
- 4 tablespoons margarine or butter
- 1 tablespoon flour
- 2 finely sliced, medium sized onion
- 2 cloves
- 1 bay leaf
- 4 tablespoons ground chili peppers

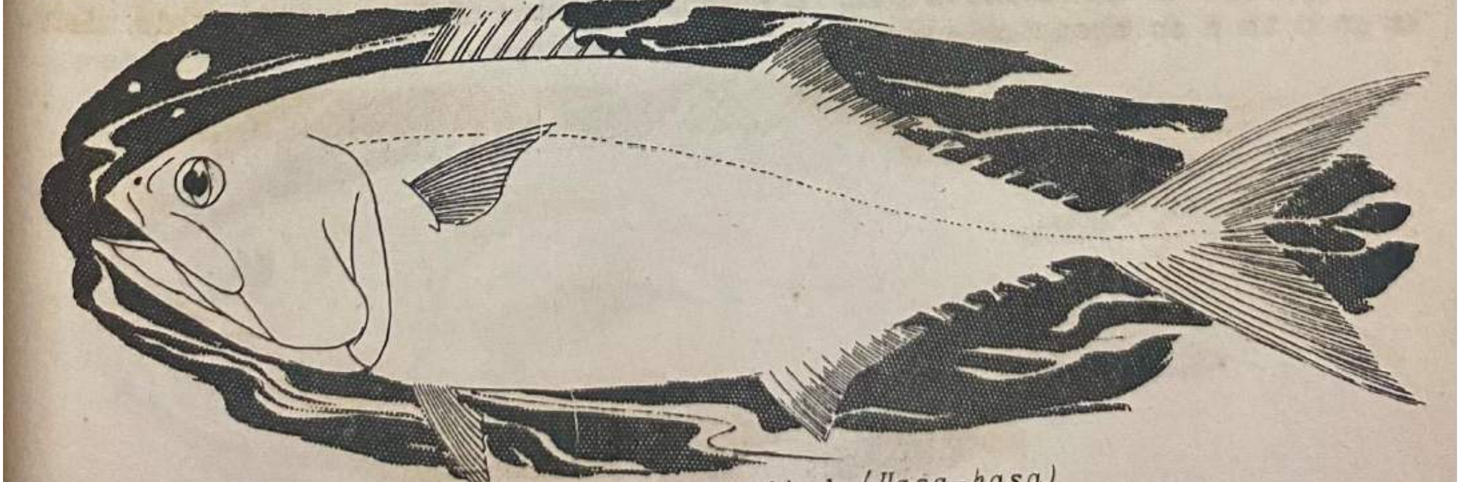
Cut the fish into 1-1/2 inch slices and rub them in lemon juice. Make up a mixture of the lemon juice (2 tablespoons) chili peppers, salt and black pepper. Pour this over the fish which have been placed in an earthenware pot. Let stand for two hours. Wipe the fish dry and sprinkle with the flour. Saute' in the margarine. When it is brown, add everything else and include a cup of boiling water. Simmer until fish is done. Serve with rice. This dish is hot and the chili may have to be cut down to suit some palates.

The Chinese have a subtle touch with food that sets it apart from that produced elsewhere in the world. Chow Low Yu and Hong Shil Yu are really unique.

Chow Low Yu (China)

- 1½ pounds flatfish or other tender fish fillets
- 4 tablespoons oil
- 1 cup finely sliced cabbage
- 2 tablespoons finely chopped onions
- 5-6 small mushrooms, sliced
- 2 cups stock from boiled fish bones
- 2 teaspoons sugar
- ½ teaspoon cornstarch
- 2 teaspoons soy sauce
- 2 tablespoons finely diced pork

Cut the fillets into serving size and brown them in hot fat. Fry the cabbage for 5 minutes, then add the onions, pork and mushrooms. Cook for 5 minutes more. Add the hot fish stock and fish for a 5 minute cook and then add the rest of the ingredients. Serve hot with the sauce.


MACKEREL, Short Bodied *(Hasa-hasa)*
Average Length: 20 centimeters

Hong Shil Yu (China)

This is similar to Filipino sweet-sour fish but has a few refinements.

- 1½ pounds fillet of turbot, lapo-lapo or red snapper
- 4 tablespoons oil
- 2 cloves of garlic, crushed
- 2 tablespoons onion
- 1 tablespoon minced fresh ginger
- 2 cups vinegar
- ½ cup of sugar
- 1 teaspoon soy sauce
- 1 teaspoon of cornstarch
- 2 tablespoons chopped cucumber
- Peel of 1 lemon, sliced fine

Cut the fish into serving size and fry in oil to a light brown. Set aside. Make a sauce by frying the garlic for a minute in the fat and then mixing it with the vinegar, sugar, soy sauce, cornstarch and pepper.

Simmer the onion in 3-4 tablespoons of this for 15 minutes and then add all the rest of the ingredients except the fish. Bring to a boil for 5 minutes and pour it over the fish. Now one can understand why a Chinese is always ready to eat.

Fillet of Sole Saute Amadine

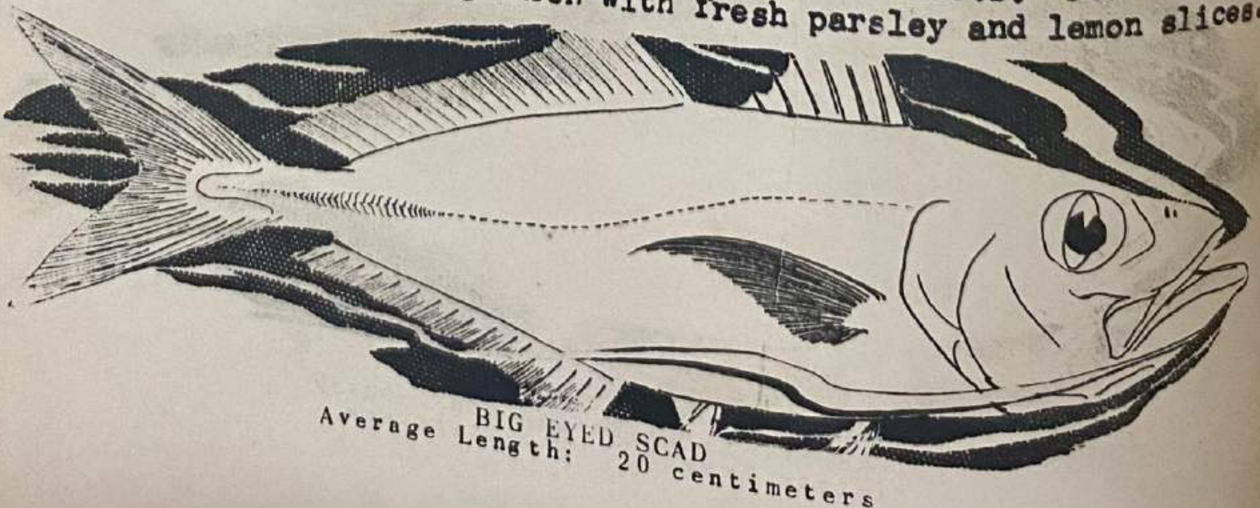
This recipe is just about as simple as French recipes come.

- 6 small fillets of flatfish
- 5 tablespoons of butter or margarine
- 8-10 almonds
- Salt and pepper

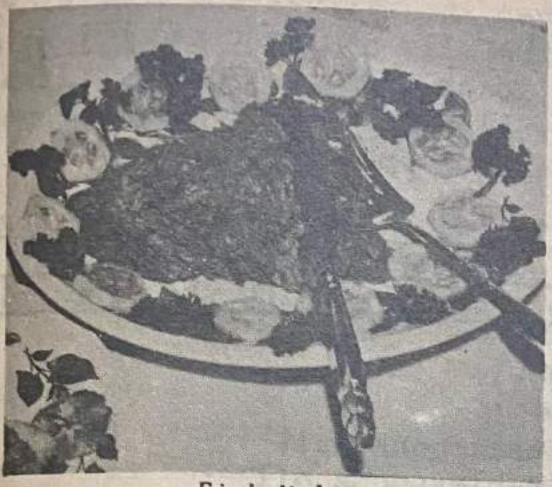
Wipe the fillets dry and sprinkle them lightly with salt and pepper. Saute' them in the butter on each side until they become a light brown. Place on a hot serving platter.

Drop the almonds into hot boiling water for five minutes and then slip off the skins. Slice the almonds lengthwise into slivers and fry them in the butter until they are a golden brown (do not burn).

Divide up the almonds over the tops of the 6 fillets. Pour the left-over butter on them too and garnish with fresh parsley and lemon slices.



BIG EYED SCAD
Average Length: 20 centimeters



Fish Moli

A very simple little fish dish that requires a minimum of preparation is the "Moli".

Fish Moli (East Indies)

2 cups grated fresh coconut
1 cup of boiling water
1 tablespoon flour
2 cups cooked, flaked fish (cheap varieties)
1 tablespoon fine ginger root threads
1 teaspoon salt (to taste)
Cayenne or chili powder

Mix the water with the coconut and let stand a few minutes. Then press milk out through a strong cloth. Blend the flour in with the milk and add the ginger root, salt and cayenne (to taste). Add the fish when the mixture has been heated to a boil. Simmer for 5-10 minutes and serve hot over rice.

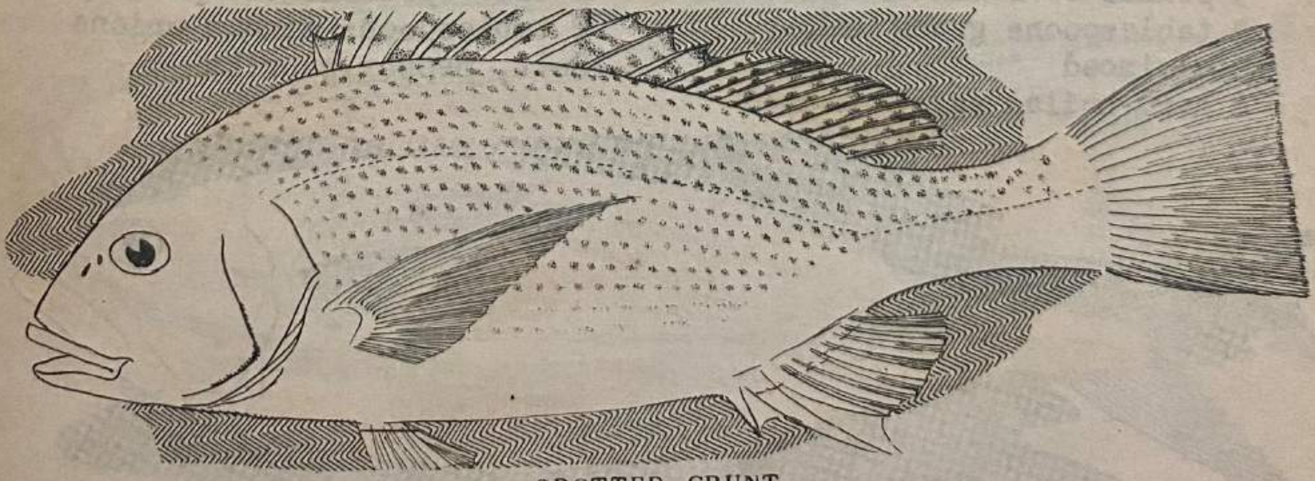
Fried fish should be drained on absorbent paper for a couple of minutes between the frying kettle and the serving dish.

The Russians have a stove-top dish that is quite tasty; Selianka.

Selianka (Russia)

3-4 chopped onions
3 tablespoons butter or margarine
½ cup tomato sauce, puree' or
4 chopped tomatoes
1 tablespoon salt
2 pounds fresh fish, cut in small pieces
¼ teaspoon black pepper
4 bay leaves
1 small sweet pickle
A few chopped capers and olives

Saute the onions, bay leaves and cloves in the butter until the onions are light brown. Remove the cloves and bay leaves. Cook the tomato sauce with the onions for a few minutes. Sprinkle the fish with a thin coating of salt and pepper and add it to the tomato with the rest of the ingredients.



SPOTTED GRUNT
Average Length: 30 centimeters

After mixing the ingredients well, cover the mixture and cook slowly until the fish falls apart easily. Stir carefully at first and not at all in the later stages. Serve with slices of lemon. Quite often one likes to use some simple method of cooking that will allow him to make the most of the cheaper types of fish. The curry as made in India fills the bill.

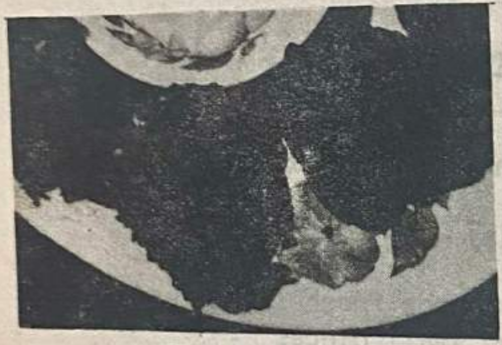
Frying fish usually spatters because the fish has not been thoroughly dried after washing. An inverted colander over the frying pan prevents spattering burns and still allows the steam to escape, keeping the fish crisp.

Fish Curry (India)

- 1½ pounds fish as steaks slices, fillets or pan dressed
- 2 teaspoons salt
- 3 tablespoons oil
- 2 tablespoons curry powder

Mix the curry powder and salt together and rub them over the fish on all sides. Let stand for an hour and fry in hot oil. Simple isn't it?

Fish Fritters



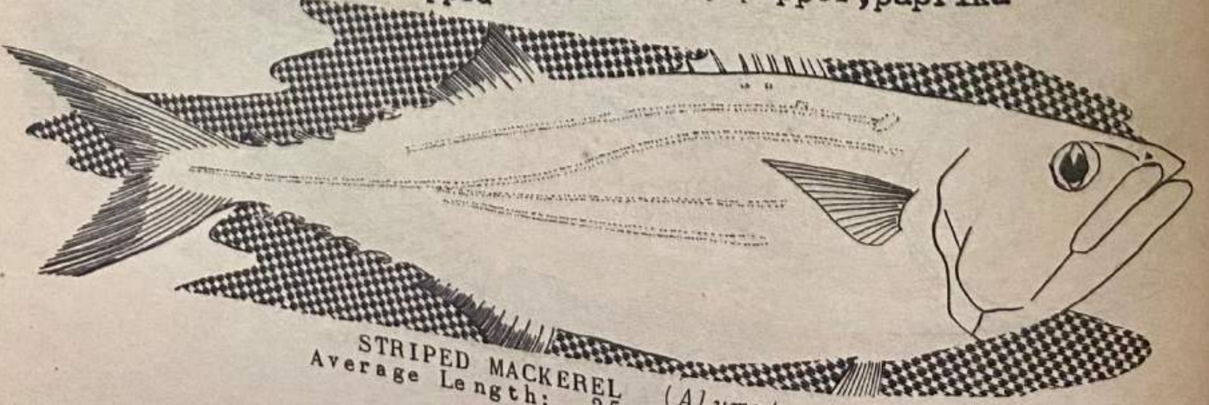
Fish Fritters

- 1½ cup of flour
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 3/4 cup milk
- 3 beaten eggs
- 1 tablespoon melted butter
- 2 cups of cooked fish, flaked

Sift the flour and seasonings. Mix in the milk and eggs. When batter is smooth add the fish and butter and mix thoroughly. Drop by spoonfuls into hot deep fat at 375°F. or fry cakes in a hot greased frying pan. Fry until a rich brown color is obtained. Fritters may be made with chopped clams, oysters, shrimp, crab, lobster and other fish.

Kedgeree (India)

- 4 pounds of whole fish or
- 3 pounds of steak or fillets
- 2 tablespoons green pepper, minced
- 6 hard boiled eggs, chopped
- 1 cup of rice, unwashed
- 2 tablespoons minced parsley
- 2 tablespoons minced onions
- Salt, pepper, paprika



STRIPED MACKEREL (*Alumahan*)
Average Length: 25 centimeters

Simmer the fish in 1-1/2 quarts water, to which 1-1/2 teaspoons of salt have been added, until the flesh begins to flake away from the bones. Withdraw the fish and add the other ingredients, excepting the paprika. Boil and stir until the rice is done and the mixture thickens up. Drain the rice mixture and place it around the fish.

Fish Omelet

Fish Omelet

- 5 eggs
- 1 cup milk
- 1½ teaspoons salt (to taste)
- 1 cup cooked fish, flaked
- 1/8 teaspoon pepper
- ½ teaspoon flour
- 2 tablespoons butter

Beat the eggs and gradually work in the milk, salt, pepper, flour and fish. Heat the butter in a frying pan until it is quite hot and then turn in the mixture. Keep from bubbling. Turn one half over the other when almost cooked. Serve hot!

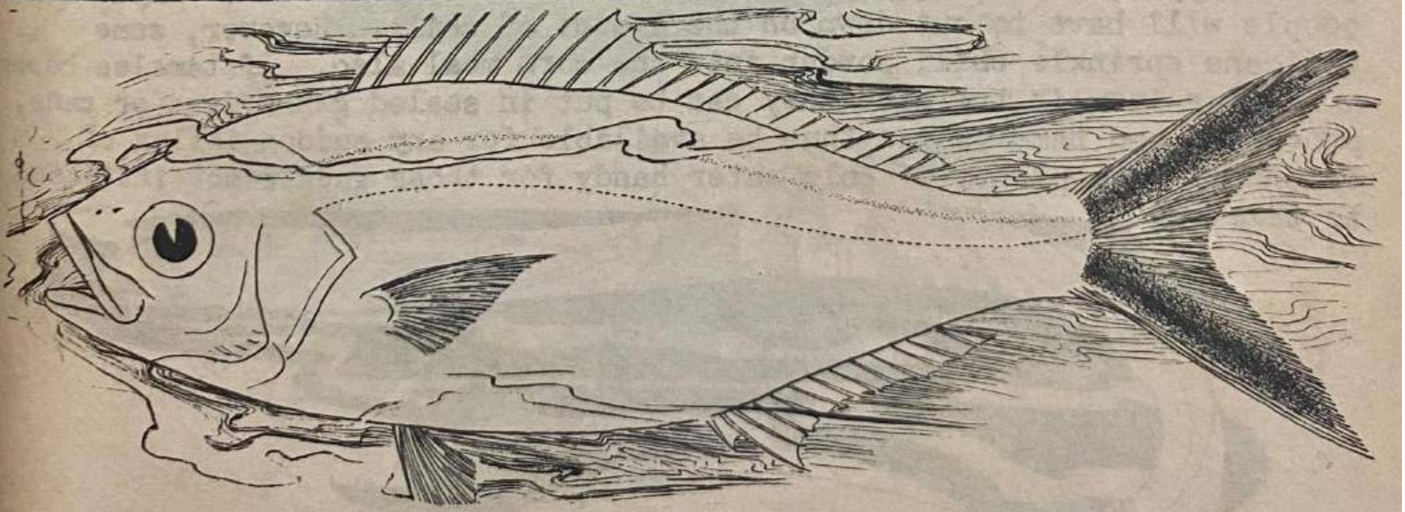
Another homely dish that bears mention is the salt fish cake.

Salt Fish Cakes

- 1½ cups freshened salt fish,
- 2 cups mashed potato or boiled rice
- 1 egg (2 for rice)
- Flour and pepper

Mix the fish, potato and egg thoroughly. Make into small flattened cakes roll in flour and pepper mixture and fry in deep fat at 390°F. or in a hot frying pan. Balls should be cold when put into fat. Some cooks like to season the fish, potato and egg mixture with a little powdered majoram and cayenne pepper but other prefer the recipe as written.

Do not let any fish except salt fish stand in water for any period of time as the fine flavor and food value will be extracted.



CAESIO
Average Length: 25 centimeters

Oriental Fish

Beaten eggs
Fish slices or fillets
Salt and pepper
Dried bread crumbs
Grated coconut
Curry sauce

This recipe is left open by not designating amounts, thus the recipe can be made up to suit ones needs. Season the fillets with salt and pepper, dip them in beaten egg and in bread crumbs and finally in grated coconut. Fry in hot butter or margarine and place on a hot platter. Sprinkle with a little grated coconut and serve with a curry sauce. (See Sauces).

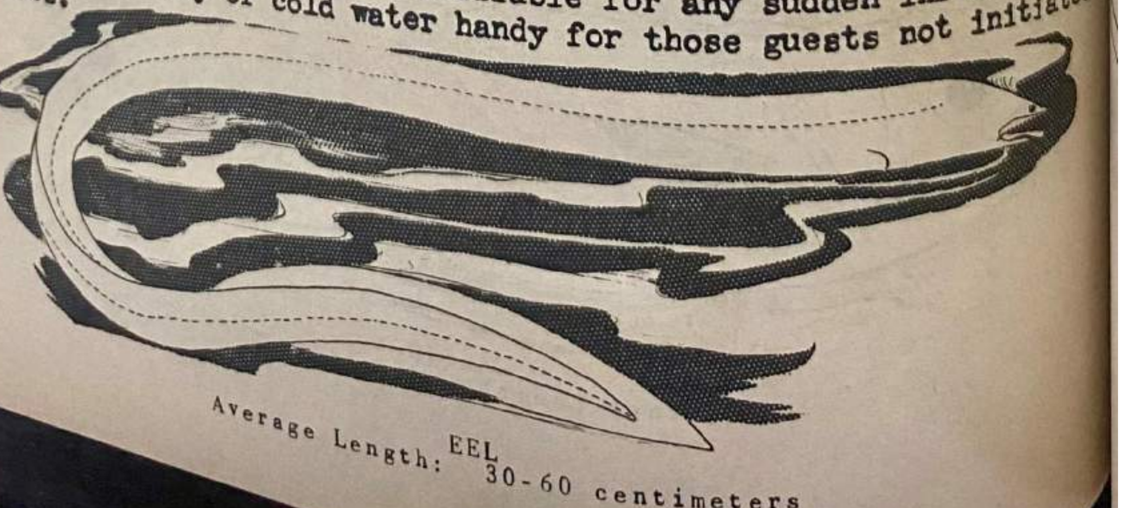
Fish Tamales (Mexico)

Fish Tamales

- 2 cups of cornmeal
- Thick fish stock
- 1 tablespoon melted margarine
- 3-6 mashed chilies (number depends on personal desire)
- 1 teaspoon powdered majoram
- Large anchovies, pieces of fish fillets or bagoong
- Corn husks

Scald the corn meal in enough boiling fish stock to make a thick workable paste. Add the butter and work it in. Open up the corn husks and put a thin layer of the corn meal around the interior with an extra margin around each. Place an anchovy or a piece of fish in the center of each corn lining, sprinkle it with salt and rub over it a liberal portion of the chili-majoram paste which has previously been mixed together. Roll shut. Place them in a rack over boiling water (not in it) for two hours. The preferable position is upright. Serve hot or cold. The cook can fry the corn meal mixture before steaming if so desired.

Some people like to add chopped parsley and finely chopped cooked green pepper, crushed garlic and onion to the chili mixture. Maybe some people will have to cut down on the amount of chili. However, some Mexicans sprinkle chili powder into the corn meal also. If tamales becom a regular item in the diet they can be put in sealed glass jars or cans, processed and tamales can thus be available for any sudden influx of friends. Have plenty of cold water handy for those guests not initiated to tamales!


EEL
Average Length: 30-60 centimeters

Fried Whitebait (Real small fish such as anchovies)

2½ pounds small anchovies
Cold milk
Fried parsley
Flour seasoned with salt and pepper
Lemon wedges

Wash the small fry thoroughly in fresh water. Dry well and dip in cold milk. Dip in seasoned flour and fry in deep fat at 375°F. Fry only a few at a time and shake them to prevent sticking to the basket. Tartar sauce or melted butter may be served with them.

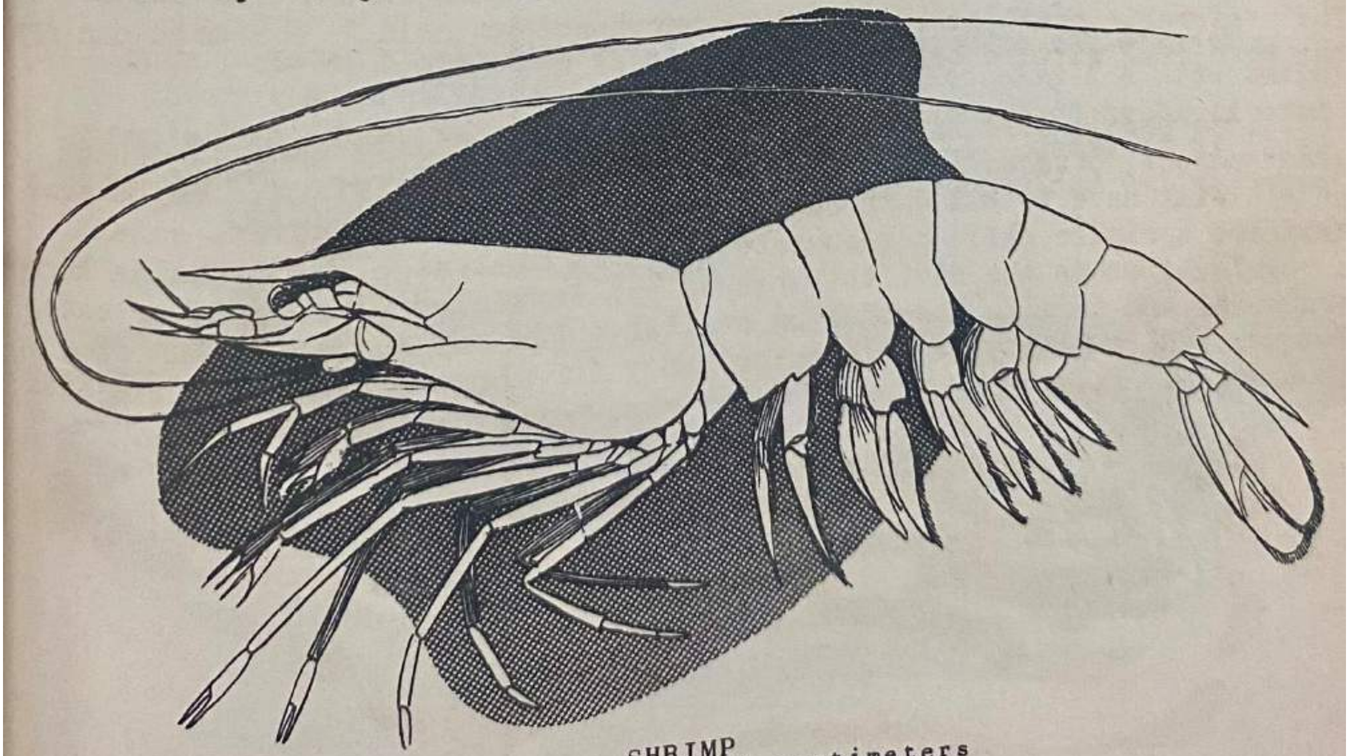
Stewed Whitebait (Italy)

2 pounds small anchovies
Flour seasoned with salt and pepper
3 cups stewed or canned tomatoes
1 tablespoon chopped parsley
1 tablespoon chopped onion
2 tablespoons butter or margarine
1 tablespoon lemon juice

Clean and wash the small fish well. Roll them in the seasoned flour and place them in a well greased deep pan on top of the stewed tomatoes. Sprinkle the other materials over the fish and bring the mixture to a boil. Simmer for 10-15 minutes. It doesn't look like much but the taste belies this.

Fish Hash

1 cup salt fish, freshened and cubed
2 cups potato cubes
2 tablespoons pork cubes
1 well beaten egg
½ tablespoon margarine
Creole sauce or catsup
Salt and pepper



SHRIMP
Average Length: 10-30 centimeters

Cook the potatoes and fish together in water until the potatoes are tender. Drain well and mix in the melted margarine, egg and seasoning. Try out (saute) the pork and spread the hash over the fat in the bottom of the pan. When completely brown on the bottom, fold one half over the other and serve like an omelet. A Creole sauce sets this off well but catsup will do.

Canned fish on the shelf or frozen fish in the refrigerator help relieve the embarrassment of a hostess unexpectantly caught with guests in the house at mealtime. If home canned, tell the guests and watch their eyes shine with envy.

Ha Foo Yung (China)

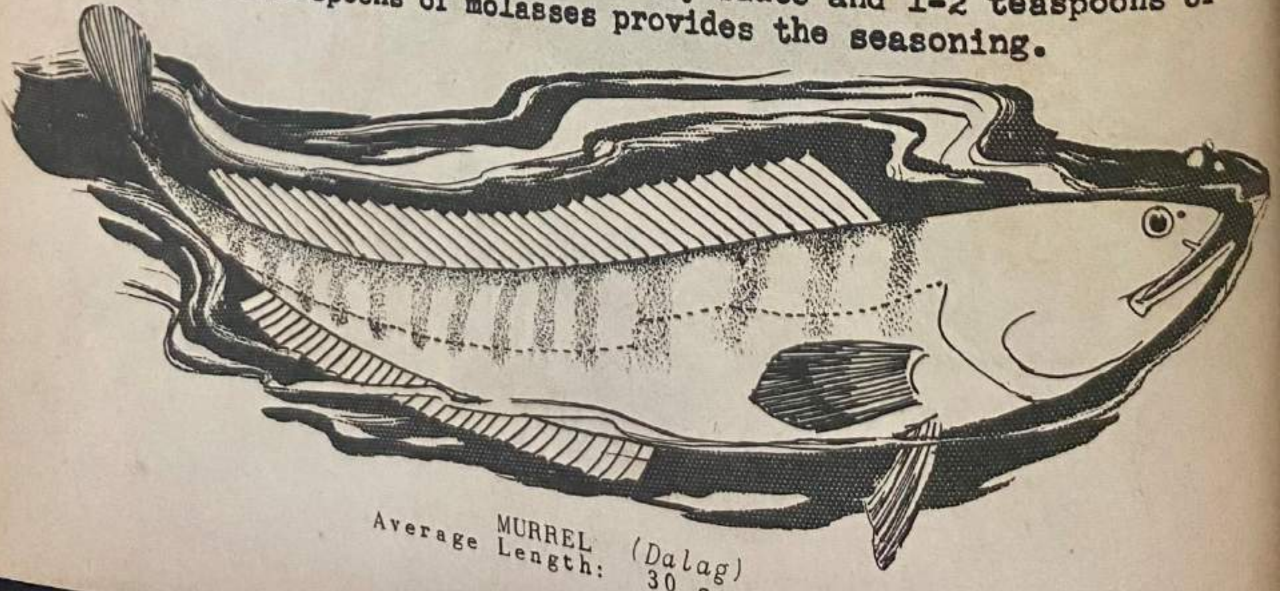
Ha-foo-yung and pea stuffed onions

- 8 eggs
- 1 cup cooked shrimp
- 1 cup chopped onion or substitute
- ½ cup chopped water chestnuts for half the onions
- 6 cups bean sprouts
- ½ cup chopped roast pork (optional)
- 2 teaspoons soy sauce or ½ teaspoon salt
- ½ teaspoon black pepper (optional)

Beat the eggs and add the rest of the ingredients.

Some cooks like to saute' the onions and chestnuts a couple of minutes before adding them, but it is not necessary. Fry the mixture as small or large pancakes in a well greased pan until they brown on both sides. To get the omelets of an even size it is recommended to take both ends out of a coffee can and place it in the frying pan, thus when the omelet material is dropped in, it will only spread to the edge of the can. For omelets of different sizes use cans of the size desired.

To make the sauce Woo Suey, 4 tablespoons of cornstarch should be mixed with a little cold water until a smooth mixture is formed. This in turn is added to 4 cups of boiling pork or chicken broth and simmered until it thickens. 1-3 tablespoons of soy sauce and 1-2 teaspoons of sugar or 1-5 tablespoons of molasses provides the seasoning.



MURREL (*Dalag*)
Average Length: 30 centimeters

Calcutta Fish Balls (India)

2 cups mashed potato or soft rice	½ teaspoon curry powder
1 cup of shredded fish	1 teaspoon salt (or less if one prefers)
1 egg	2 tablespoons margarine

Mix all the ingredients together and make the mixture into small balls or spoonfuls. Fry in hot fat at 375°F. Drain on absorbent paper. Serve with catsup or a Creole sauce.

Fried Fillet Julienne (France)

2 pounds fillets in ½ inch strips	Fried parsley
Flour	Lemon slices
	Milk seasoned with salt and pepper

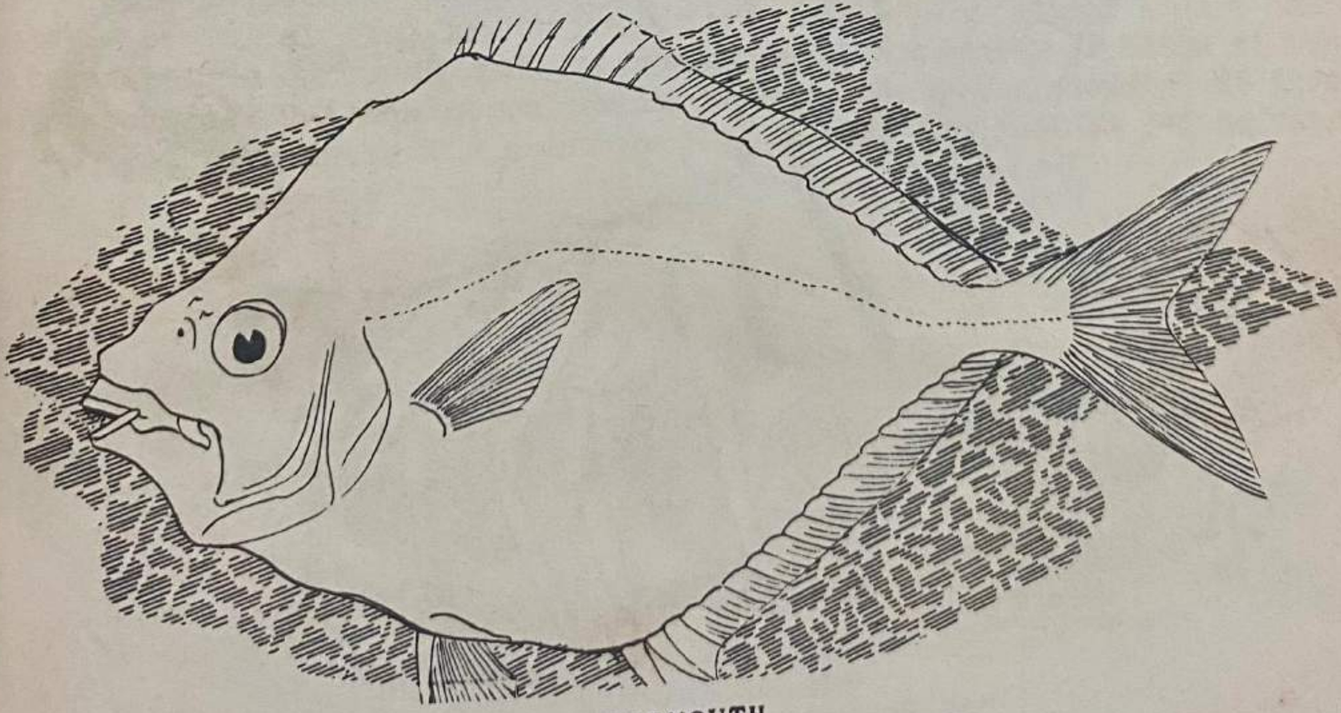
Cut the fish into the desired strips and wipe dry. Dip the fish into the seasoned milk and then into the flour. Place them a few at a time in a wire basket and fry in deep fat at 375°F. for about one to two minutes.

Place on a hot platter and garnish with the parsley and lemon slices. Can be served with drawn butter sauce, lemon butter sauce or tartar sauce. Say aren't they good and so easy to make!

The skate or ray can be bought in the market quite often and is a delicacy to some people. The natives of France claim that if the wings are allowed to stand for couple of days (mortify) they improve in flavor.

Fried Skate - Ray

3½ pounds chunk of skate wing	Flour seasoned with salt
Vinegar court bouillon	Pepper and nutmeg
	4 tablespoons butter or margarine



SLIPMOUTH
Average Length: 10 centimeters

If vinegar court-bouillon is not made up, simmer a mixture of 1 cup vinegar, 2 quarts cold water, 1 tablespoon salt, 2 small sliced carrots, 1 large sliced onion, 2 bay leaves, 2 cloves, a dozen peppercorns and 1 teaspoon thyme for 30 minutes. Strain the liquid off. Cut the skate into serving pieces. Simmer the fish in one quart of the court-bouillon for 15 minutes. Dry thoroughly and roll the pieces in the seasoned flour. Fry them in hot butter until brown. Be careful when turning as they may fall apart.

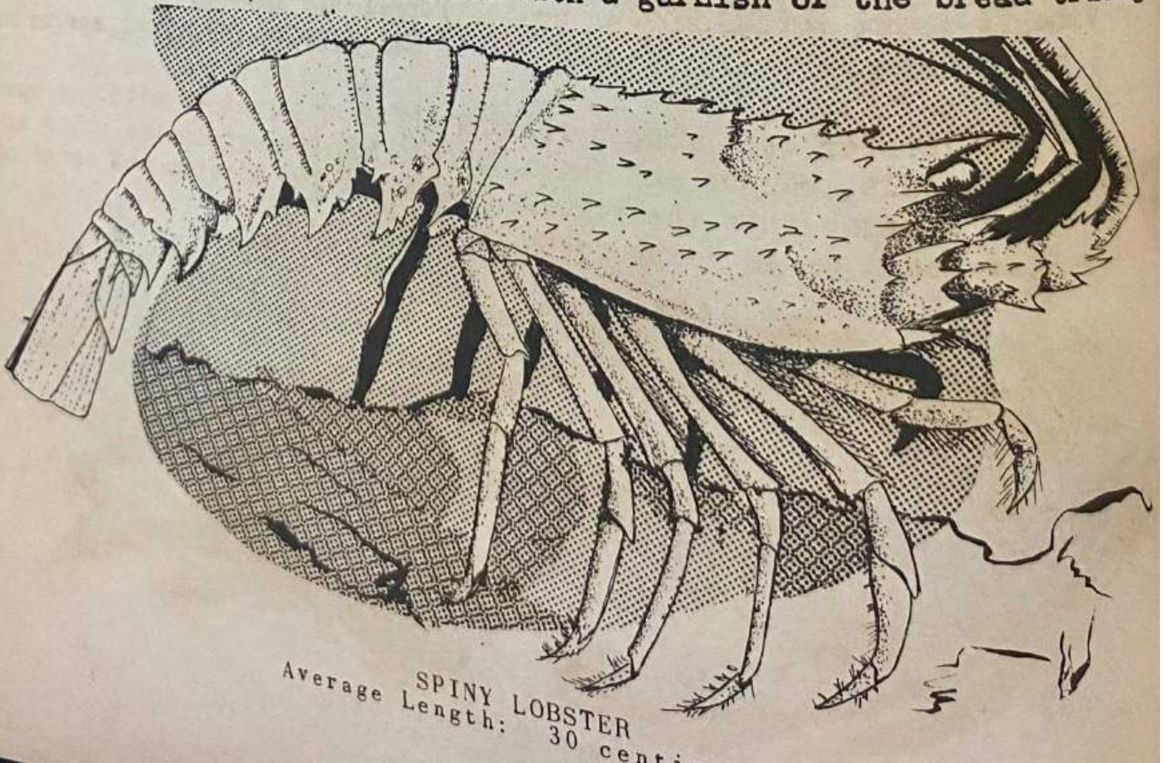
Creole Jambalaya
(Southern United States)

Creole Jambalaya

2 ½ cups whole shrimp
Water with 1 teaspoon salt per quart
2 tablespoons butter or margarine
1 large finely chopped onion
1 tablespoon flour
½ teaspoon thyme
1 clove garlic, minced
Salt and pepper to taste
3/4 cup of stewed or canned tomatoes
1 cup of well washed hard rice
Triangles of bread fried in butter
  or margarine
1 minced chili pepper

Simmer the shrimp in enough salted water to cover well. Cook until they turn a bright pink (about 15 minutes). Discard the shells and dark vein but save the broth after straining it.

Saute' the onion, garlic and chili pepper in the butter until the onion is lightly browned. Stir in the flour, thyme, pepper and tomatoes. Simmer for 10 minutes and add the shrimp. Boil the rice in two cups of the shrimp liquor until it is becoming dry. Mix with the tomato mixture and simmer for 20 minutes. Serve hot with a garnish of the bread triangl



SPINY LOBSTER
Average Length: 30 centimeters

Deviled Shrimp

Well, if a person likes his shrimp and rice even more powerfully seasoned, here is his dish. It is amazing.

- 1½ pounds freshly cooked shelled shrimp
- 5 tablespoons butter or margarine
- 4 tablespoons flour
- 3 cups scalded milk
- 2½ teaspoons curry powder
- 1½ tablespoons French mustard
- 2 tablespoons Worcestershire sauce
- 5 tablespoons sherry
- 1/8 teaspoon Cayenne pepper
- Pinch of nutmeg
- 3 egg yolks
- Salt and pepper

Set the cooking dish over boiling water and melt the butter. Then mix in the flour. Without letting the butter brown, gradually add the milk. When the mixture begins to thicken add the curry powder, mustard, Worcestershire sauce, 3 tablespoons sherry, Cayenne pepper, nutmeg, and salt and pepper to taste. When the mixture begins to bubble remove the dish from the heat and stir in the remaining sherry in combination with the egg yolks. Add the shrimp. Cover for 5 minutes and serve over mounds of rice or squares of freshly made buttered toast. Say, that really sounds good!

While travelling along the same vein try Lobster Newburg. It must be realized that shrimp, crab and lobster may be used interchangeably in most of these shellfish recipes.

Lobster Newburg

- 1½ pounds of lobster meat
- 3 tablespoons melted butter or
- 1 beaten egg
- Salt and pepper
- ½ teaspoon paprika
- 1 cup white sauce

Cut the lobster meat into crosswise slices and heat it with the butter premixed with salt, pepper and lemon juice. Add the egg to the white sauce and turn the lobster into the mixture. Heat for two minutes and serve on freshly made toast or in crisp patty shells.

HERRING
Average Length: 20 centimeters

Instead of using white sauce, French chefs beat 3 egg yolks slightly and add 1 pint of scalded sweet cream plus 1/2 cup of warm sherry or Madeira wine. This mixture is seasoned with salt and white pepper. After heating to a boil, the sauce is poured over the lobster. Take your choice. To some people, the latter, in Avignon, tastes no better than the way their grandmothers used to make it by the first method.

Curried Shrimp with Rice

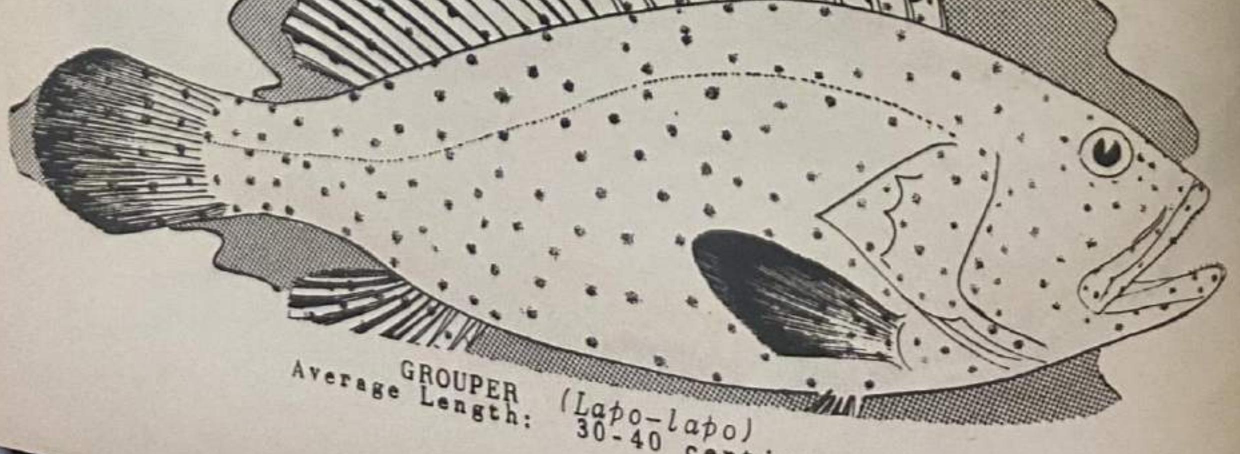
Here is a dish with a rich appearance, which is chock full of flavor. It will, also, feed a large group.

6 cups of shelled shrimp
½ cup cooking oil
1½ cups chopped celery
1 cup minced onion
1 tablespoon ginger, grated fine
¼ teaspoon Tabasco sauce or a pinch of Cayenne pepper
1 teaspoon Worcestershire sauce
1 tablespoon curry powder
¼ cup flour
2 beaten egg yolks
1 pint milk, hot
8 cups cooked rice
1½ teaspoons salt (to taste)
¼ teaspoon black pepper

Cook the shrimp in water to which salt has been added at a rate of 1 teaspoon per quart. Strain and save the broth. Brown the onions, celery and ginger in the fat. Cook this with 1 quart of the shrimp, some of the shrimp broth, Worcestershire sauce, Tabasco, salt, pepper and curry powder for 5-10 minutes, stirring well. Thicken with a mixture of the flour and a little cold water. Chop the remaining shrimp and add to the sauce. Blend the egg yolks with the milk and add also. Serve immediately over the hot rice that has been cooked in shrimp broth. Just try and make something better than this.

Camarao Ostras con Macarrao (Brazil)

1 dozen large shrimp
1½ dozen large oysters, shucked
1 pound elbow macaroni
Salt
4 small onions, sliced fine
1 clove garlic, crushed
¼ cup margarine or butter
2 slices bacon, minced
2 tomatoes, chopped
¼ teaspoon pepper
Juice of 1 lemon
1 tablespoon minced parsley



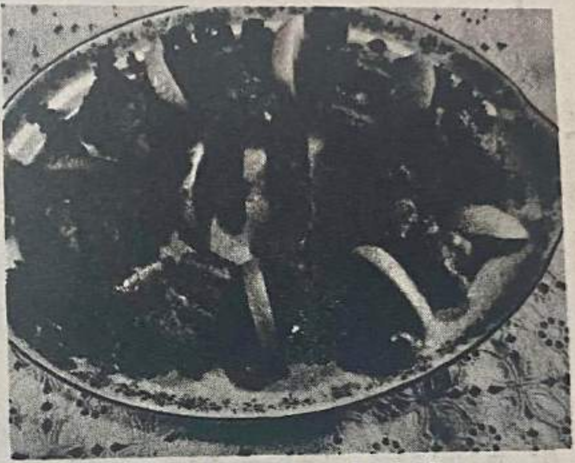
GROUPER (*Lapo-lapo*)
Average Length: 30-40 centimeters

Wash the shellfish thoroughly. Shell the shrimp and oysters, saving the liquid from the oysters. Cook the shrimp, in enough salted water to cover, for 15 minutes while the macaroni is cooking for a like period in salted water. Drain the macaroni and wash in cold water. Simmer the oysters in their own liquid until they curl. Fry the garlic and onions in the fat until tender. Add the bacon at the same time. Put the tomato and seasonings in with a cup of shrimp liquor and 1/2 cup of oyster liquor. Simmer 10 minutes and add the lemon juice, parsley, oysters, shrimp and macaroni.

The Brazilians have something there. See how they batter fry shrimp.

Camarones Fritos em Massa de Vinhee (Brazil)

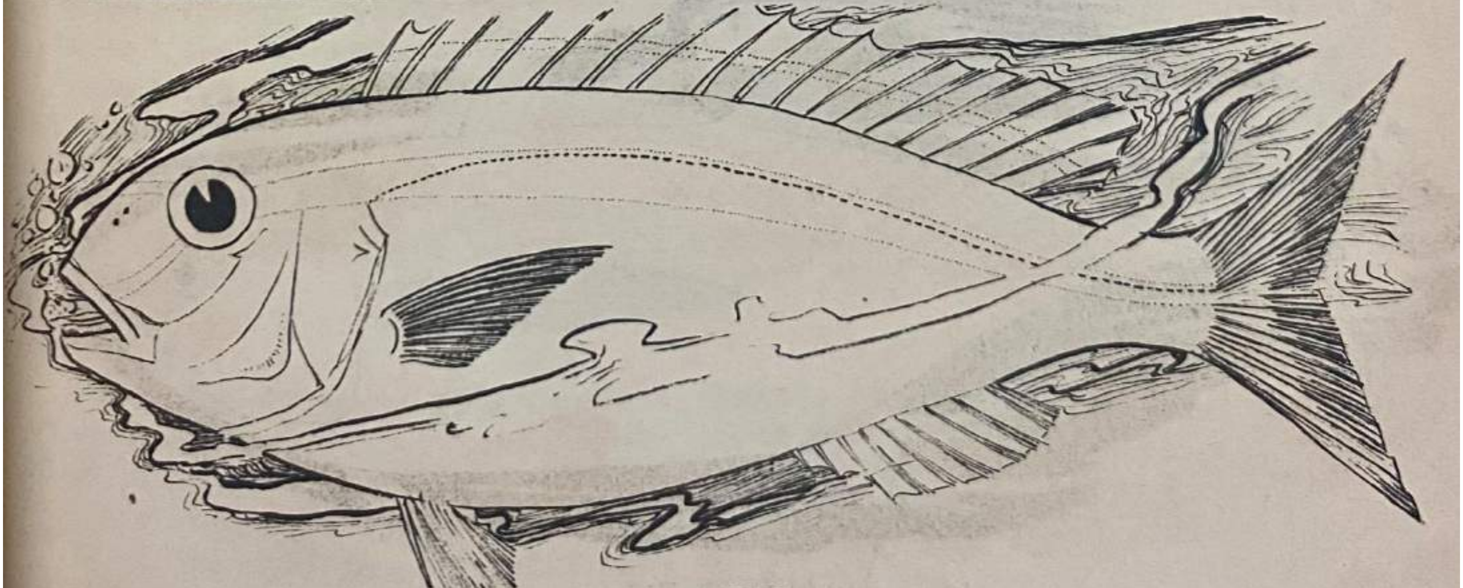
1 pound of raw shrimp
Salt and pepper
Juice of 1 lemon
2½ tablespoons cooking oil
Lemon quarters
1 egg well beaten
Deep fat for frying
1 tablespoons minced parsley
½ cup flour


Brazilian Fried Shrimp

Remove the shells from the shrimp and marinate them in a mixture of the salt, pepper, lemon juice and two tablespoons of the oil for one half hour. Drain and dip the shrimp in a batter, made from the flour, the rest of the oil, the egg and enough warm water to thin.

Thrust a toothpick through 4 or 5 shrimp at a time and fry them in deep fat at 375°F. Drain and serve with a garnish of parsley and lemon quarters.

Skewers used in cooking fish should be of silver or sweet wood. Steel skewers impart a metalic taste.


BISUGO
Average Length: 20 centimeters

Moo Yoo Chow Ha (China)

½ cup sliced mushrooms	1 cup shelled shrimp
3½ tablespoons soy sauce	½ cup chicken stock or bouillon
1 tablespoon lemon juice	2 tablespoons fat
Deep fat	

Dip the mushrooms in a mixture of half the soy sauce and all the lemon juice. Fry them in the deep fat at 375°F. and then remove them to drain. Place the shrimp in the frying pan with the stock and the rest of the soy sauce. Cook for 5 minutes and mix the two preparations. Serve hot with rice.

Har Chow Fon (China)

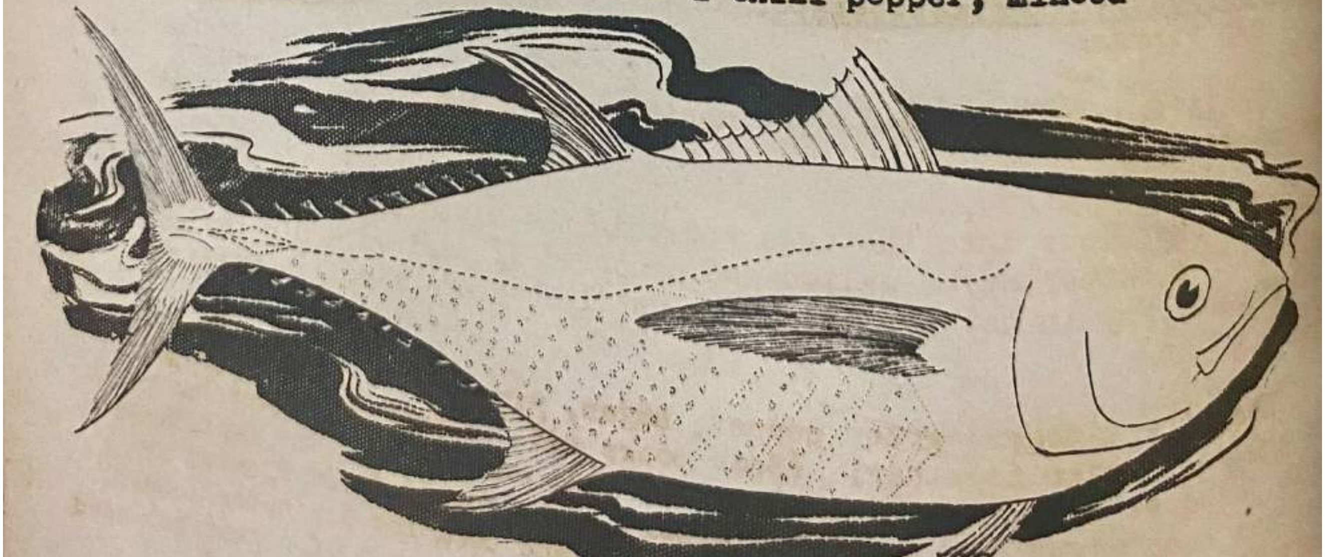
1 cup rice, soaked in cold water	2 tablespoons soy sauce
2 cups of raw shelled shrimp	2 beaten eggs
1 tablespoon fat	3-4 chopped green onions

Boil the rice and shrimps in salted water for about 15 minutes. Drain well.

Add the fat and remaining ingredients to a frying pan and heat for a couple of minutes. When hot, add the drained rice and shrimp. Mix, heat and serve at once.

Curried Prawns (Malaya)

1 small onion, sliced thin	½ cup prawn or shrimp broth
1 ounce ginger in threads	1 cucumber, diced
1 tablespoon butter or margarine	1 quart shelled shrimp or prawns
2 tablespoons curry powder (regulate to taste)	1½ tablespoons lemon juice
2 teaspoons salt	1/8 teaspoon Cayenne pepper
	1 cup coconut milk
	1 chili pepper, minced



YELLOWFIN TUNA
Average Length: 50-100 centimeters

Saute' the onion and ginger in the butter until a light brown. Add the curry powder, salt, chili, and broth. Simmer for 15 minutes.

Add the cucumber, prawns, lemon juice, Cayenne and coconut milk. Simmer until cucumber is tender and serve hot with cooked rice.

Fagadu (India)

1 fresh lobster
1 pint fresh shrimp
2 medium size onions, sliced
1 clove garlic, shredded
1 tablespoon lemon juice
1½ teaspoons salt, to taste
¼ teaspoon pepper
1 tablespoon butter or margarine
1¼ pounds spinach or cangcong cut in thin strips

Fry one onion and the garlic until it is brown. Simmer the lobster and the shrimps in salted water for 10 minutes and shell. Cut the lobster meat into crosswise slices.

Mix all the ingredients except the lemon juice together. Cover in a pan, and simmer, without water, for about 20 minutes. Remove cover and quickly boil away the residual liquid. Sprinkle the lemon juice over all before serving.

Sweet and Sour Shrimp

1 kilo fresh, lightly boiled shrimp
½ cup flour
2 eggs, well beaten
3 slices pineapple cut in chunks
1 small green pepper
1 cup vinegar
1 cup sugar
½ teaspoon gourmet powder or monosodium glutamate
3-5 teaspoons cornstarch
½-2/3 cup water
2 teaspoons soy sauce
1/8 teaspoon pepper
1 teaspoon salt

Sweet and Sour Shrimp

Shell the shrimp and if you desire remove the veins, althoughit is not necessary.

Mix the flour into the eggs and thin the mixture somewhat with warm water. The batter maybe salted and peppered if desired. Dip the shrimp in this and fry in hot fat at 375°F. until they are a yellow-brown in color.

Heat the vinegar, green pepper, sugar, pineapple, salt, black pepper and gourmet powder together. (Some cooks add one-half cup sweetened pineapple juice at this point). Bring to a boil and blend in the cornstarch that has been mixed with a little water. Cook for 15 to 20 minutes or until clear. Add the soy sauce and shrimp and cook for 5 minutes longer. The thickness of the mixture can be gauged by the amount of cornstarch used.

It is recommended that the spiced mixture simmer about 15 minutes before serving. As a friendly warning, please, do not let it be known that this dish is being served for dinner or unexpected guests may crowd you from the table!

Risotto di Scampi (Italy)

1 small onion, chopped fine
2 cups of dry rice, well
washed
Flour
Fat for frying
Salt and pepper to taste
3 dozen fair sized shrimp,
cooked and shelled

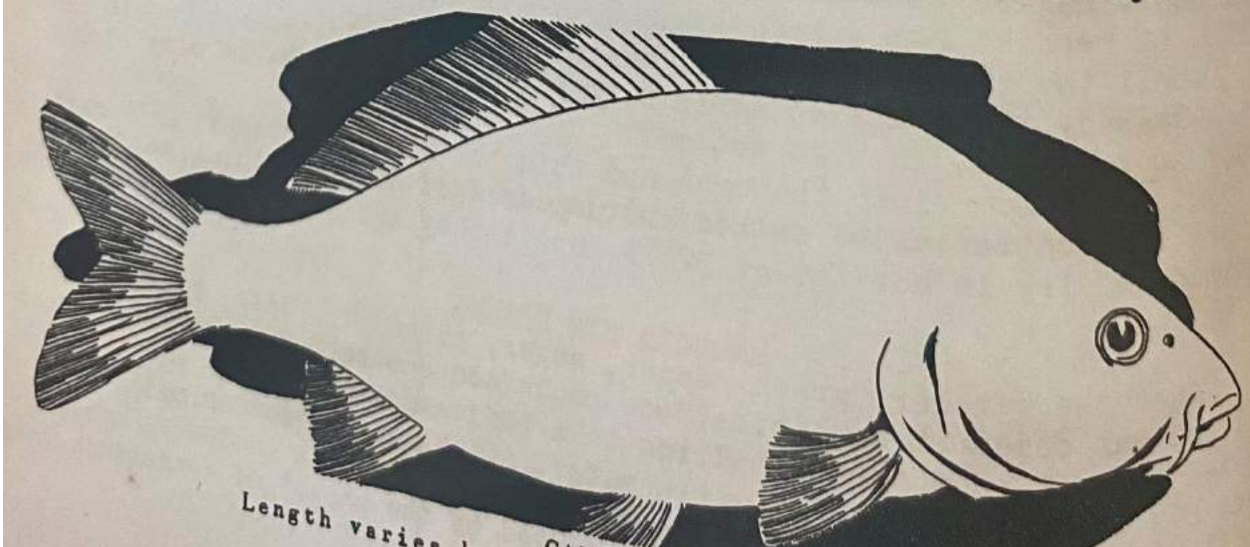
Fry the onion in a little oil until a light brown. Pour in the rice and 1 quart of the liquid used to boil the shrimp (one teaspoon salt per quart of water). Season to taste with salt and pepper. Simmer for about 30 minutes and then add the cooked shrimp that have been dipped in flour and fried in deep fat at 375°F. Cook together for about 10 minutes and serve hot.

Risotto di Scampi is one of the most delicately flavored of all Italian dishes.

Calalou (French West Indies)

1 quart water
2 pounds taro, gabi, or
spinach leaves
½ pound salt pork, cut in
narrow strips
Meat of 5 crabs, cut in
pieces
2 large onions, sliced fine
1 clove of garlic, mashed
3 dozen okra
2 teaspoons salt
1-2 chilies, mashed
½ teaspoon pepper

Mix everything together and simmer in a covered pot for about 3 hours. Serve hot with rice. Although the Creoles do not do it, some people like to fry the pork, onions, garlic, chilies and crab before simmering them but that is up to the individual cook. It is excellent either way. It is a one dish meal.



CARP
Length varies between 15 and 40 centimeters

Clam or Oyster Fricassee

1½ cups shelled clams or oysters
3 tablespoons butter or margarine
2 tablespoons flour
1 cup scalded undiluted evaporated milk or cream
Salt and Cayenne pepper
2 egg yolks
Parsley and paprika for garnishing

Chop up the tough parts of the shellfish and hold out the soft parts. Melt the fat and add the tough parts of the flesh. Saute' for a couple of minutes and then gradually add the milk. Strain the liquid onto the soft portion of the clam and cook for five minutes. Season with the salt and Cayenne. Remove from the fire and add the egg yolks slowly while constantly stirring. Serve hot with a garnish of parsley and paprika.

Crab Meat Tito Ruffo

1 pound cooked crab meat
6 tablespoons butter or margarine
4 tablespoons flour
1½ cups cream or undiluted evaporated milk
½ cup of milk
½ cup sliced mushrooms
2 tablespoons sliced, canned pimiento
1 teaspoon lemon juice
Salt and Cayenne pepper (to taste)

Crabmeat Tito Ruffo

Flake and cook crab meat.

Blend the butter with the flour and then gradually add the cream and milk while heating and stirring. Bring to a boil and season with salt and Cayenne pepper. Add the sliced mushrooms and crab meat, which have been fried in butter, also the pimiento and the lemon juice. When quite hot turn into clean crab shells, patty shells or Swedish timbales. Garnish with sliced hard cooked eggs, sliced lemons or olives, with a sprinkling of paprika for color.

This is truly a rich man's dish but all people like to play rich once in a while. Is that not so?

If a simple way of cooking shrimp is desired, try this Hawaiian method.

Cabbage and Shrimp

1 cup dried shrimp (hibe) or 2 cups fresh shelled shrimp
6 cups shredded cabbage
2 teaspoons salt
2 tablespoons fat or oil

Wash the shrimp and set aside to drain. Heat the fat and add the cabbage. Heat for a few minutes and add the shrimp and 1 cup of water. Cook slowly, uncovered, over the open fire, while stirring, until the cabbage is tender. The author likes to substitute 2 tablespoons of good patis for the salt and also sprinkle 1/4 teaspoon of black pepper over all.

Tuna Chunks for a Meal or Hors D'Oeuvres

Tuna Chunks, Fried Potatoes, Fried Mushrooms and Cucumber

- 1-1½ pounds of tuna fillets cut in inch cube pieces
- 1 quart water with ¼ cup salt
- 2 eggs, well beaten
- 4 tablespoons milk
- Salt and pepper
- Dried bread or cracker crumbs
- Deep fat for frying

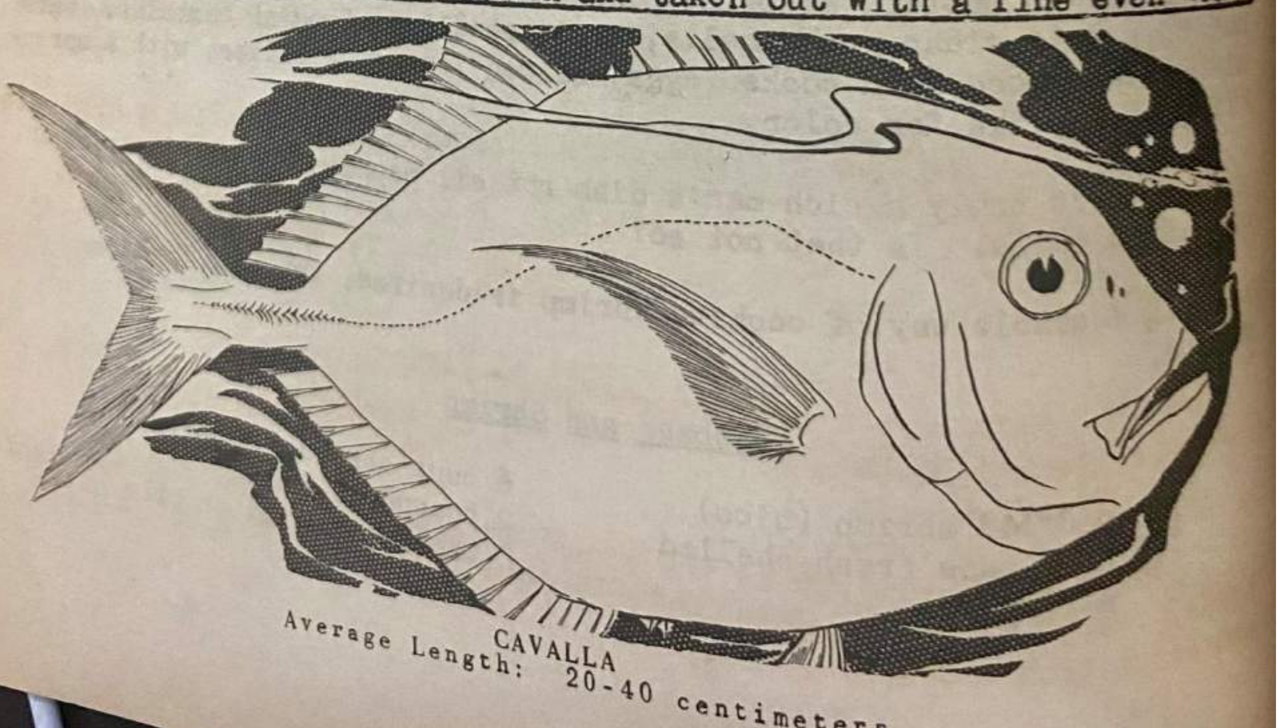
Soak the tuna pieces in the salt water for 5 minutes or more, depending on the amount of salt you wish in your fish. Drain well!

Mix the eggs, milk and salt and pepper.

Dip the chunks in the egg mixture and then roll them in dried bread crumbs. Fry in deep fat at 370°F. for approximately 4 minutes or less. Dry on absorbent paper and serve hot with a sauce - tartar, Creole, etc.

For hors d'ouevres, cut the chunks in smaller pieces and fry a shorter time. When they are done stick a toothpick in each one. When served hot and fresh, these are the hit of the party.

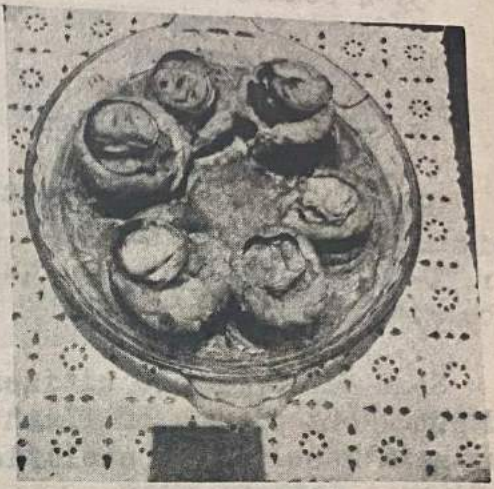
By placing the bread or cracker crumbs in a paper bag pieces of fish to be fried can be dropped in, shaken and taken out with a fine even coat.



CAVALLA
Average Length: 20-40 centimeters

"Tell me what you eat, and
I will tell you what you are".
--- Brillat Savarin

Fillet Rolls



Fillet Rolls

- 3 pounds flatfish, maya-maya or other good tasting fish fillets
- 1 tablespoon salt and ¼ teaspoon pepper
- 1 cup diced carrot
- 1 cup chopped celery
- 1 sliced onion
- 3 quarts water

Cut the uncooked fish in long strips and roll them around the finger. Pin them into the rolled position with toothpicks. Simmer the fish bones and heads with rest of the ingredients for 20 minutes and then remove the bones. Add the fish rolls and simmer for 15 minutes. Drain thoroughly and serve on a platter with a sauce of your fancy.

This is good dish to serve people who do not like to spend the time to pick bones out of their fish.

The best cooks seldom simmer or poach fish in salt water alone but try to use a seasoned fish broth.

Ten Suin Gunne

Ten Suin Gunne (China)

3 pounds lapo-lapo or other tender fish	2 teaspoons salt
¼ cup vinegar	¼ teaspoon pepper
¼ cup sugar	3 tablespoons soy sauce
	Cornstarch or chestnut flour to thicken

Clean the fish thoroughly. Sprinkle with salt. Cover with boiling water and keep warm for 1 hour without boiling. Drain and place on a platter. Take one cup of the cooking water and add the remaining ingredients. Cook until thickened. Serve over the fish.

Creole Fillet of Fish

- 6 fillets lapo-lapo or flatfish
- 1 cup fish stock

Simmer the 6 fillets in the stock, made by boiling the fish bones and heads, for 30 minutes. When cooked remove the fillets to a hot platter and serve with a Creole sauce.

Fish that is to be poached or simmered can be easily handled by placing it on a plate and dipping the plate into the boiling media by means of a piece of cheesecloth wrapped around the plate.

Boiled Skate Parisienne

3½-4 pounds skate or ray wings
2/3 cup vinegar
2 cups cold water
1 tablespoon salt
2 small carrots, sliced thin
2 medium size onions, sliced fine
¼ teaspoon pepper
2 cloves
2 bay leaves
1 cup caper sauce

Place all the ingredients except the fish in a pot and bring to a boil and simmer 30 minutes. Strain the liquid and simmer the fish in it for 20-30 minutes or until quite tender. Remove the skin and serve at once with the caper sauce.

Some disreputable citizens in the States sharpen the end of a pipe and punch out pieces of flesh from skate wings, that look like scallops (the main muscle of a shellfish) and sell them, as such, at a substantial profit.

For a complete meal tied up in one bundle, Rollo de Pescado, a Colombian creation, does well.

Rollo de Pescado (Colombia)

2 pounds fish, cheap varieties
1 bay leaf
1/8 teaspoon sage
½ small onion
2 eggs, beaten
1 tablespoon cornstarch
Bread crumbs
½-1 cup cooked kidney beans
1 cup carrot, cut in strips
Sprigs of parsley or ribbons of pechay
Salt and pepper
A tasty fish sauce

Thoroughly clean the fish and place in a kettle with just enough boiling water to cover. As the water is being heated, the bay leaf, sage, onion and a little salt should be added. Simmer until the meat will separate from the bones. Remove from the water and pick off the flesh. Mix it with beaten eggs, with the cornstarch and a liberal amount of salt and pepper. Heavily sprinkle a damp cloth with bread crumbs and spread the fish over this. Then add layers of cooked kidney beans, parsley and carrot.

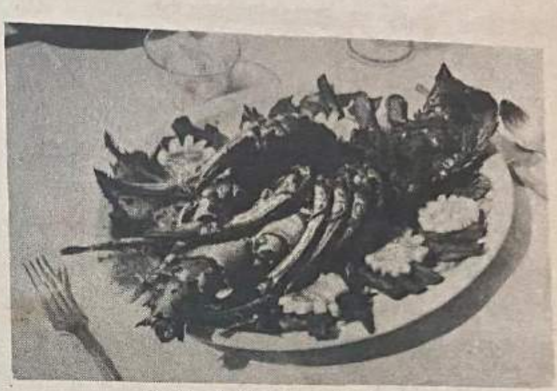
Put in layers of mashed potato, stewed tomato or cabbage if preferred. Roll it all up in the cloth and cook in salted water (1 teaspoon salt per quart) for 30 minutes.

Remove the roll from the water and the cloth. Serve on a hot platter with a chili or other fish sauces.

BAKED AND BROILED FISH

"There are fishes that swim in the lake
There are fishes that swim in the sea
But the fishes that swim in hot butter or oil
Are quite good enough for me."

Baked Spiny Lobster



Baked Spiny Lobster

1 spiny lobster
2 tablespoons melted butter
Salt and pepper
Bread crumbs

To bake lobster, slit from mouth to the end of the tail and remove the intestine, stomach and liver. Mash the liver with the melted butter and a small amount of salt and pepper. Remove the cartilage from the under side of the tail and smear the liver mixture over the white meat. Sprinkle with bread crumbs and a little extra melted butter. Bake stomach side up for 20-30 minutes in 400°F. oven. Do not overcook! Serve with French fried potatoes and onion rings and fresh cucumbers. One small lobster to a person makes a good serving.

Stuffed Fish

3 pounds fillets or steaks
2 tablespoons finely chopped onion
½ cup chopped celery
2 teaspoons poultry seasoning or
½ teaspoon each of black pepper, thyme, majoram and sage
1½ cups coarse soft bread crumbs
5 tablespoons fat
1 cup white sauce
Salt and pepper

Saute' the onion, celery and bread crumbs in the fat. Add the seasonings and the white sauce. Mix well and line a baking pan with the mixture.

Add the fish. Cover the fish with the remaining dressing. Bake in a moderate (350°F.) oven until brown. About 40 minutes is the usual baking time.

Frozen fish can be cooked without thawing if additional cooking time is allowed. However, fish can be breaded or stuffed more easily if the fish is thawed. 40-50°F. is the best thawing temperature.

Fish with Tomato

6 slices of salt pork or bacon
12 slices of onion
3 pounds fillets or steaks
1 can tomato soup
2 teaspoons salt
¼ teaspoon pepper
2 tablespoons flour

Place half of the onion and pork slices in the bottom of a baking dish. Sprinkle the fish with the flour, salt and pepper. Lay this fish on the pork and onion and then cover with the remainder of the same. Pour in hot water to a depth of about 1/2 an inch. Bake in a hot (400°F.) oven for about 20 minutes. Pour the soup over all and bake for another 15-20 minutes or until done. This dish gives a maximum amount of satisfaction for a minimum amount of effort.

For an attractive, tasty, party dish try "Fish Cups"

Fish Cups

- 3 pounds of flatfish or other broad, but thin fillets with the skin on
- 2 cups mashed potato
- Paprika
- 6 large clam or oyster meats
- 6 tablespoons finely diced onion
- 1 cup diced carrots
- 1 cup milk

Curl the fillets into a cup shape and fasten in that position with toothpick or string. Place these in a greased baking pan and fill the bottom of each with mashed potato. On the potato place an oyster and then fill to the top with the seasoned onion-carrot mixture. Dust a little salt, pepper and paprika over each cup and bake in the milk at 350°F. for about 20-30 minutes. Carefully serve from the baking dish, at the table. Don't the guests look interested?

Fish Pie

- 4 large potatoes, boiled and sliced
- 4 onions, sliced thin
- 3 cups cooked flaked fish
- 4 hard cooked eggs, sliced thin
- Salt and pepper
- 1 teaspoon prepared mustard
- 2 tablespoons butter or margarine
- 2/3 cup of milk
- Pastry dough
- 2 tablespoons catsup

Butter the bottom of a baking dish and place a layer of potatoes over it. Add a layer of onions, one of fish and one of eggs. Then repeat layers until all the ingredients are gone. Lightly season each layer. Mix the catsup, mustard and a couple tablespoons of water. Pour it over the fish mixture and then dot with pieces of butter. Pour the milk down the sides so as to leave the top undisturbed. Place the pastry overall, like a pie crust, and bake in a hot oven (450°F). for about 20 minutes.

To serve a whole baked or steamed fish remove the skewers or thread used for fastening it together and garnish it with parsley, lemon or lime wedges, tomato or cucumber wedges, etc. Small onions or olives can be used to replace the eyes with some greenery in the mouth. To cut into servings, place the platter with the head to the left. Cut the slices down to the backbone, usually about 2 inches wide. The flesh will lift easily. Do not attempt to cut through the backbone.

Diamond Head Steaks

1 cup boiled rice
1 cup soft bread crumbs
2 cups drained crushed pineapple
Salt
Paprika
2 fish steaks about 1 pound apiece (can use 12 small ones)
1 cup pineapple juice

Diamond Head Steaks

Mix the rice, crumbs and pineapple together. Season to taste with the salt and paprika. Lay one of the 1/2 to 2/3 -inch thick steaks in a greased baking pan and cover it with the rice-pineapple-crumb mixture. Place the other steak over it and cover with the pineapple juice. Bake in a 400°F. oven until the fish is tender (about 25-30 minutes). Using the two steaks, this recipe will serve about 8. Using the 12 steaks, serve 12 persons.

To make a leftover fish into a party dish, why not mold it and serve it with an interesting sauce?

Molded Fish

1 pound raw or cooked fish, without skin or bones
2 cups soft bread crumbs
1 cup partially diluted evaporated milk
½ teaspoon salt
¼ teaspoon pepper
½ teaspoon celery salt
4 egg whites

Mince the fish up fine. Cook the bread crumbs in the milk while stirring vigorously. When it assumes the consistency of a smooth paste, add all the other ingredients except the egg whites. Fold in the stiffly beaten egg whites and pour the mixture into a well greased loaf pan or individual molds. Bake in a moderate oven (350°F.) for about 40 minutes or until firm.

For an interesting sauce to go with the molded fish, soak 3/4 cup almonds in boiling water until the skins slip off easily. Chop the skinless almonds up fine and fry them in a couple tablespoons of butter until brown. Blend in a tablespoon of flour and 2 cups slightly diluted cream or evaporated milk. Season and cook until thickened. Serve over the slices of molded fish. Looks quite professional does it not?

Herring Baked in Beer

6-8 herring, mackerel or like fish
Mixture of salt and pepper with a little ground clove and all spice
3/4 cup light beer
3/4 cup vinegar
1 large onion, sliced very thin

Wash, clean and behead the herring. Drain and sprinkle with the spice mixture. Arrange the fish in a baking pan and surround with the onion rings. Pour the beer-vinegar mixture around the fish and bake for 2 hours in a slow oven. Mother will like this dish as much as father.

Baked Fish in Green Peppers

1 cup cooked fish, flaked
1 cup bread crumbs
2-4 tablespoons milk
1 tablespoon onion juice
1 tablespoon chopped parsley
1 tablespoon lemon juice
Salt and pepper to taste
6-8 large green peppers

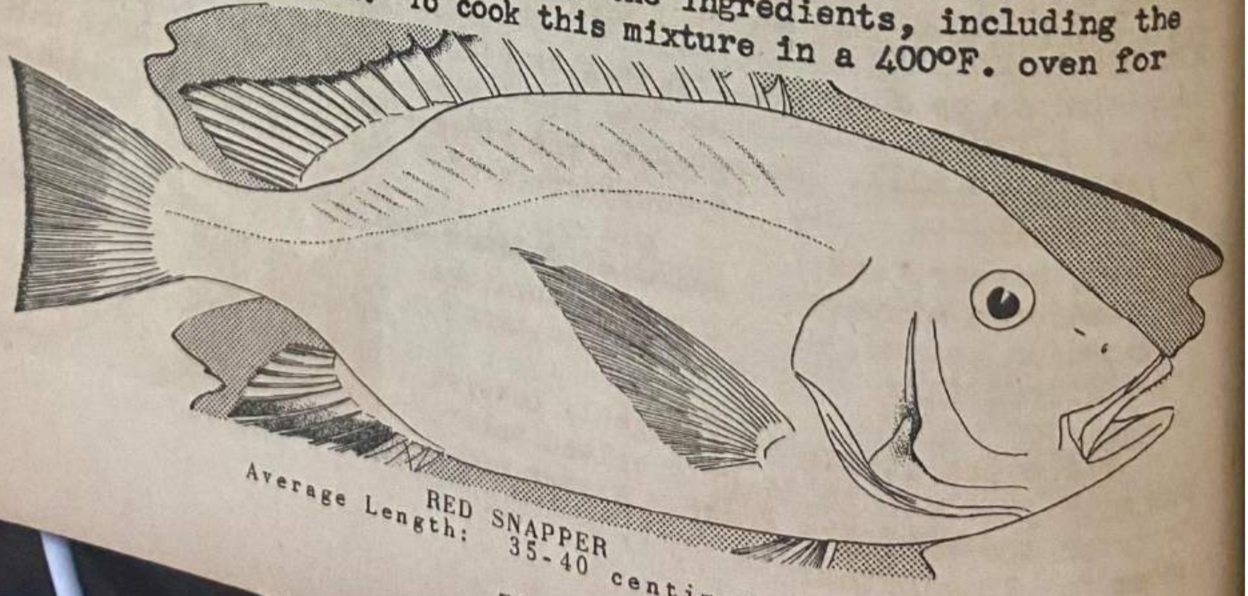
Mix the fish and bread crumbs with just enough milk to cause the fish and bread to cling together. Add the onion juice, parsley, lemon juice, salt and pepper and mix together thoroughly. Cut off the tops of the green peppers and remove seed and core. Stuff the peppers loosely with the dressing and top each pepper with a few buttered bread crumbs. Bake about 30 minutes in a 350°F. oven. This makes a very attractive luncheon dish.

Canned salmon and tuna can be used in practically every dish in which other precooked fish can be used and in numerous salad dishes besides. These canned fishes are without waste and consequently are a bargain. Of course one cannot fry or bake it like some fish but on the other hand, can fresh fish taste any better in a hot pie?

Salmon Pot Pie

4 tablespoons butter
2 tablespoons minced onion
6 tablespoons flour
1 cup milk
1 cup water
2 cups or 1 tall can salmon
1½ teaspoons salt
1 tablespoon lemon juice
3/4 teaspoon paprika
1 cup diced cooked celery or
    pechay
1 cup cooked or canned peas

Saute the onion in the butter a couple of minutes and then blend in the flour, water, milk and juice from the canned salmon. When the mixture is thick and smooth add the rest of the ingredients, including the broken up pieces of salmon. To cook this mixture in a 400°F. oven for



RED SNAPPER
Average Length: 35-40 centimeters

25 minutes, it is well to cover the surface of the pie with light biscuit dough. To prepare it all on the stove top, cook over a low flame, stirring constantly, for 15 minutes and serve in a deep dish with buttered and toasted bread, in fancy shapes, floating on top.

In America they have a saying that if one tries to make something better, that is already perfect, "They are gilding the lily". It is a general belief that when one tried to improve on plain baked lapo-lapo "They are gilding the lily". However, if one is so inclined here's something for the weaker moments.

Baked Lapo-Lapo

3 pounds lapo-lapo
Salt and Cayenne pepper
2 tablespoons butter or margarine
3 tablespoons parsley, minced
2 small minced onions

1 large green pepper, chopped fine
1 large celery stalk, chopped fine
1 clove garlic, minced
2 cups tomato puree'
2 bay leaves

Dress the fish but leave the head and tail on. Cut a letter S in the skin on both sides and thoroughly rub the fish, inside and out with salt and Cayenne pepper. Mix the bulk of the parsley with the butter and paste over the inside of the fish. Lay it on its side in a buttered baking dish.

Mix the rest of the parsley, the onion, green peppers and garlic and spread them over the top of the fish. Pour the puree' around the outside with the bay leaves. Dot the fish with butter. Bake in a medium oven (350°F.) until done (about 30 minutes). Baste frequently with the sauce. When ready to serve, place the fish carefully on a hot platter and strain the pan contents over it. Replace the uppermost fish eye with a stuffed olive.

Cooks from Maine suggest that salt and pepper should not be rubbed on the outside of a fish to be baked, only the inside. Melted butter and grated onion are best on the outside.

Baked Tuna (West Indies)

4-6 thick tuna steaks
Salt, pepper, and majoram mixture
2 medium onions, sliced fine

2 teaspoons vinegar
2 teaspoons good oil
Juice of 2 limes
2 medium tomatoes, sliced thin

Place the steaks in a tightly covered pan with just enough lightly salted water to cover one half the steak. Simmer and steam for 10 minutes.

Baked Tuna Steaks

Remove much of the water and sprinkle the steaks with sliced onions and tomatoes. Mix the vinegar, oil and lime juice. Pour them over the fish. Bake about 3/4 of an hour or less. After removing the fish, mayonnaise may be added to the gravy and served over the fish or a West Indian Fish Sauce composed of 6 tablespoons mayonnaise, 1 1/2 tablespoons catsup, 1 1/2 teaspoons chopped olives, 1 tablespoon chopped onion, 2 tablespoons chopped sweet pickles and juice of a lime, may be used.

Lining a bake pan with greaseproof paper before cooking in the oven cuts down on pan cleaning time afterwards.

The tuna variously called, "chicken of the sea" or "veal of the ocean" is very much liked in most countries but in some parts of the Philippines it is not relished. Here is a popular Spanish or Basque recipe named after Bilbao, a Basque city of Northern Spain.

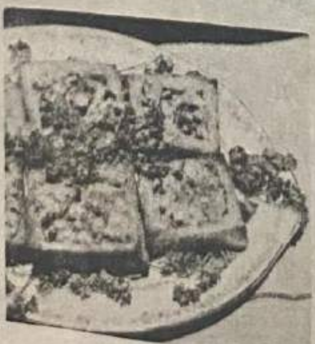
Atun Fresco a la Bilbainita

1 pound tuna fillets (4)
2 tablespoons oil (olive preferably
2 cups tomato puree'
1 clove crushed garlic
2 tablespoons chopped parsley
Bread crumbs

The oil is placed in the bottom of baking dish. The fillets are thoroughly rubbed in it and layed on the bottom of the dish. Then the tomato, garlic, parsley and perhaps a little salt is added. The bread crumbs are sprinkled over the top and the dish is baked in a moderate oven (350°F.) for 20 minutes (do not overcook). Diced potatoes stewed in garlic, oil, and parsley are served with this.

Boxed Fish

1 loaf of cream bread
8-10 tablespoons melted butter or margarine
1 clove finely sliced garlic
1 pint large shucked oyster or cooked flaked fish
8-10 dashes Maggi seasoning
¼ cup sherry
3 tablespoons onion juice
6 tablespoons chopped green pepper
3½ teaspoons flour
½ cup cream or undiluted evaporated milk


Boxed Fish

Cut off all the crusts from the bread (bread will cut better if put it in the refrigerator for a few hours first). Slice the loaf in half, lengthwise. Cut each half into 3 blocks and cut out the interior of each block, leaving a bottom and sides one half inch thick, on each. Melt 4 to 5 tablespoons of the butter and saute the garlic in it for a few minutes. Discard the garlic and butter the exterior of each box with the flavored fat. Melt the rest of the butter and saute the oysters until the edges curl well or if using fish flakes saute until lightly browned.

Remove the fish and add the Maggi seasoning, sherry, onion juice, and green pepper. Cook until pepper is tender. Blend in the flour. Add the cream and oysters. Cook until thick. Dip this into the boxes and bake in a hot oven until the boxes are golden brown. Did anything ever look better? If preferred hollow out the whole loaf and when done, serve the dish as crosswise slices. Some cooks like to add salt and pepper to the cream sauce.

It would not be right to fail to include the great fish dish of Greece, "Ghofaria Plaki".

Ghofaria Plaki (Greece)

2 pounds mullet or banak (dressed)	3 tomatoes, chopped
6 medium onions, finely chopped	2 teaspoons salt
2 cloves garlic, minced	¼ teaspoon pepper
	6 tablespoons oil

Thoroughly wash and drain the fish. Fry the onions and garlic in the oil and when light brown add the tomatoes and seasonings. Place the fish in a well oiled baking pan and cover with the sauce. Bake for about 30 minutes or until brown.

While dealing with banak or mullets try "Calawai" or the Hawaiian method of preparation.

Calawai (Hawaii)

1 pound mullets cut in pieces	Juice of 3 lemons
6 tablespoons margarine or butter	6 tablespoons chopped parsley
1 teaspoon paprika	Banana leaves
1 teaspoon salt	3 tablespoons cooking fat
	1 cup tomato soup

Place the fish on large banana leaves and cover them with a mixture of 3 tablespoons margarine, paprika, salt, lemon juice and chopped parsley. Roll the fish in the leaves and place them in a greased baking pan. Pour the cooking fat over the fish and add 1 cup of hot water. Cook for 30 minutes in a hot oven (450°F.). Strain the juice from the pan and mix it with the remaining butter, a little lemon juice and the tomato soup. Serve over the cooked fish.

Koulibiak (Siberia)

Enough short pie crust for a pie
1 small boiled cabbage
1½ pounds flaked fish (cooked)
2 tablespoons bagoong
2 hard cooked eggs, chopped
2 cups rice, cooked in fish stock
¼ teaspoon pepper
2 teaspoons salt
½ cup chopped mushrooms

Koulibiak

Roll out pie crust to a 1/8 inch thickness. A good recipe for pie crust, is to cut 2/3 cup of cool lard into 2 cups flour and 1 teaspoon salt, until the fat pieces are about the size of a small pea. Then gradually add 4-6 tablespoons of cold water while mixing rapidly with a fork. The amount of liquid added should be just enough to permit the formation of a ball of dough. Allow dough to set for 1 hour in a cool place before rolling out.

Chop the cabbage up fine and cook it for 5 minutes in a little butter. Spread this thinly on the crust. Spread the fish over the cabbage and place a mixture of the salt, pepper, mushrooms, bagoong and eggs over that. Add the rice as the top layer and roll one half of the laden crust over once and tuck in the edges all the way around. Dot the top with pieces of anchovies and bits of butter. Prick the top to let out the steam. Bake 35-40 minutes at 350°F. Serve as slices with melted butter or margarine.

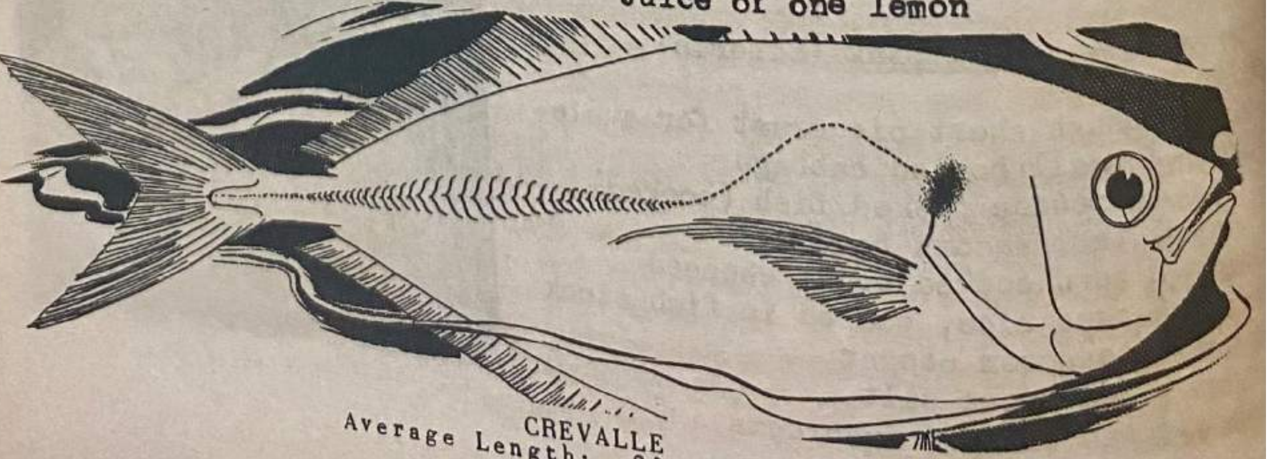
Spanish Baked Fish

1 large eggplant
3 tablespoons oil
3 pounds of fish (good baking fish)
Salt and pepper
2 sprigs parsley
Crushed stem of clove
2 thinly sliced large onions
3 tablespoons butter or margarine
Buttered bread crumbs
¼ teaspoon thyme

Peel the eggplant, slice it crosswise and fry in oil until brown on both sides. Place the slices on the bottom of a buttered baking dish. Place the well washed and dressed fish, thoroughly rubbed with salt and pepper, on the slices of eggplant. Add the parsley, thyme, clove and tomatoes. Place a layer of onions over all and sprinkle with the butter and bread crumbs. Cover the dish and bake in a very hot oven (450°F.) for 20-35 minutes. Uncover fish for 5 minutes more baking. Serve at the table.

Baked Tuna Steaks (Denmark)

6 3/4-inch slices fresh tuna
Mixture of salt, pepper and a little nutmeg
Fish stock
5 tablespoons butter or margarine
3 tablespoons tomato puree'
Juice of one lemon



CREVALLE
Average Length: 20 centimeters

Generously sprinkle the fish steaks with the spice mixture and lay them in a well greased baking pan with just enough fish stock to cover. Cover with a greased paper and bake at 375°F. for 30 minutes, while basting frequently.

Place the fish slices on a hot platter and reduce the leftover broth to 1 cup. Gradually add the butter, tomato and lemon juice. Season to taste. Bring to a rolling boil and pour over the fish.

Curried Fresh Tuna Oriental

- 6 half pound tuna steaks
- Salt and pepper
- 2-3 cups vinegar court-bouillon
- 2 tablespoons minced onion
- 2 tablespoons butter or margarine
- 2 cloves
- 1 cup fish stock
- 1 tablespoon chopped parsley
- 3 tablespoons white wine
- 4 egg yolks, well beaten
- 2 teaspoons lemon juice

Rub the slices in salt and pepper. Place them in a pan with a covering of vinegar court-bouillon for a 25 minute simmering. Remove to a greased baking dish. Lightly brown the onion in the butter and place it under the tuna steaks. Add the cloves, curry powder in the fish stock, parsley and wine. Cover tightly and bake 30 minutes at 400°F.

Strain off the liquid. Add to it the egg yolks, a little butter mixed with flour and lemon juice. Bring to a boil and serve over the steaks. The wine, parsley and cloves could easily be eliminated. Some cooks add a bit more flavor to the dish by sprinkling a little minced ginger on the onions while they are frying and doubling the amount of curry powder.

Pompano en Papillotes

- 3 green onions, chopped
- 3 ounces chopped mushrooms
- 5 tablespoons butter or margarine
- 1 tablespoon flour
- 2 cups fish stock
- ¼ cup white wine
- 5 tablespoons white wine
- 2-3 pounds pompano fillets
- 1 cup crab meat
- 1 egg yolk
- 1 lemon, sliced
- Salt and pepper

Saute' the onions and mushrooms lightly in one tablespoon of the butter. Blend in the flour and then add the fish stock. Season with salt and pepper, to taste. Stir in 1/4 cup of wine.

Saute' the fillets and then the crab meat in the rest of the butter. To the crab meat add the remainder of the wine, a little salt and the slightly beaten egg yolk. Cook until thick, stirring constantly. Grease the bottom of a baking dish and lay a large

Pompano en Papillotes

piece of parchment paper or a paper bag in it. Place one of the fillets on the paper and cover it with the crab mixture. Lay the other fillet over this. Pour the sauce, first made, over the fillets and tightly enclose all in the paper.

Bake about 15 minutes in a hot oven (425°F.). Slide the fish onto a platter and pour the sauce over it. Serve immediately. The odor of that wine flavored sauce will announce dinner!

Braised Tuna (Italy)

3 pounds fresh tuna steaks (6)
2/3 cup olive or cottonseed oil
Juice of one lemon
1 large sprig parsley, minced
¼ teaspoon thyme
2 teaspoons salt
2 tablespoons butter or margarine

¼ teaspoon each black and Cayenne pepper
1 large finely chopped onion
1 wine glass white wine (optional)
1 tablespoon equal parts butter and flour
¼ pound sliced mushrooms

Lay the steaks in a baking dish and marinate them in a combination of the oil, lemon juice, parsley, thyme, salt and pepper mixture for 1 to 2 hours. Saute' the onions and mushrooms in the butter.

Remove one half the marinade, add the onions and mushrooms. Simmer on top of the stove for 20 minutes, and then add the wine. Bake for 40 minutes. Pour off the liquid and add the butter-flour mixture to it. Mix thoroughly. Bring to a boil several times and serve over the fish.

Seafood Tetrazinni

1 cup cooked shrimp, crab meat or lobster pieces
3 cups cooked elbow macaroni or spaghetti
3 tablespoons butter
3 tablespoons flour
1½ cups milk
1½ teaspoons salt

1/8 teaspoon paprika
¼ teaspoon pepper
½ cup grated American cheese
¼ cup bread crumbs
1 ripe avocado cut in 1/8 inch slices
3 tablespoons chopped mushrooms (optional)
1 teaspoon curry powder (optional)

Seafood Tetrazinni

Arrange the avocado slices around the bottom of a shallow baking dish or large casserole. Cover the slices with the macaroni (the original Italian recipe calls for spaghetti but macaroni is recommended as it is easier to serve).

Melt the butter and blend in the flour. Gradually add the milk and season with salt, paprika, pepper and if you so desire, curry powder and mushrooms. Bring to a boil and simmer until thick.

Arrange the meat on top of the macaroni and cover it with the sauce. Sprinkle the cheese and bread crumbs on top and bake in a 350°F. oven until a crunchy brown cheese coating appears. Serve piping hot at the table as the appearance of the dish will whet the appetite. Will serve 6-8 depending on whether it is served for dinner or luncheon.

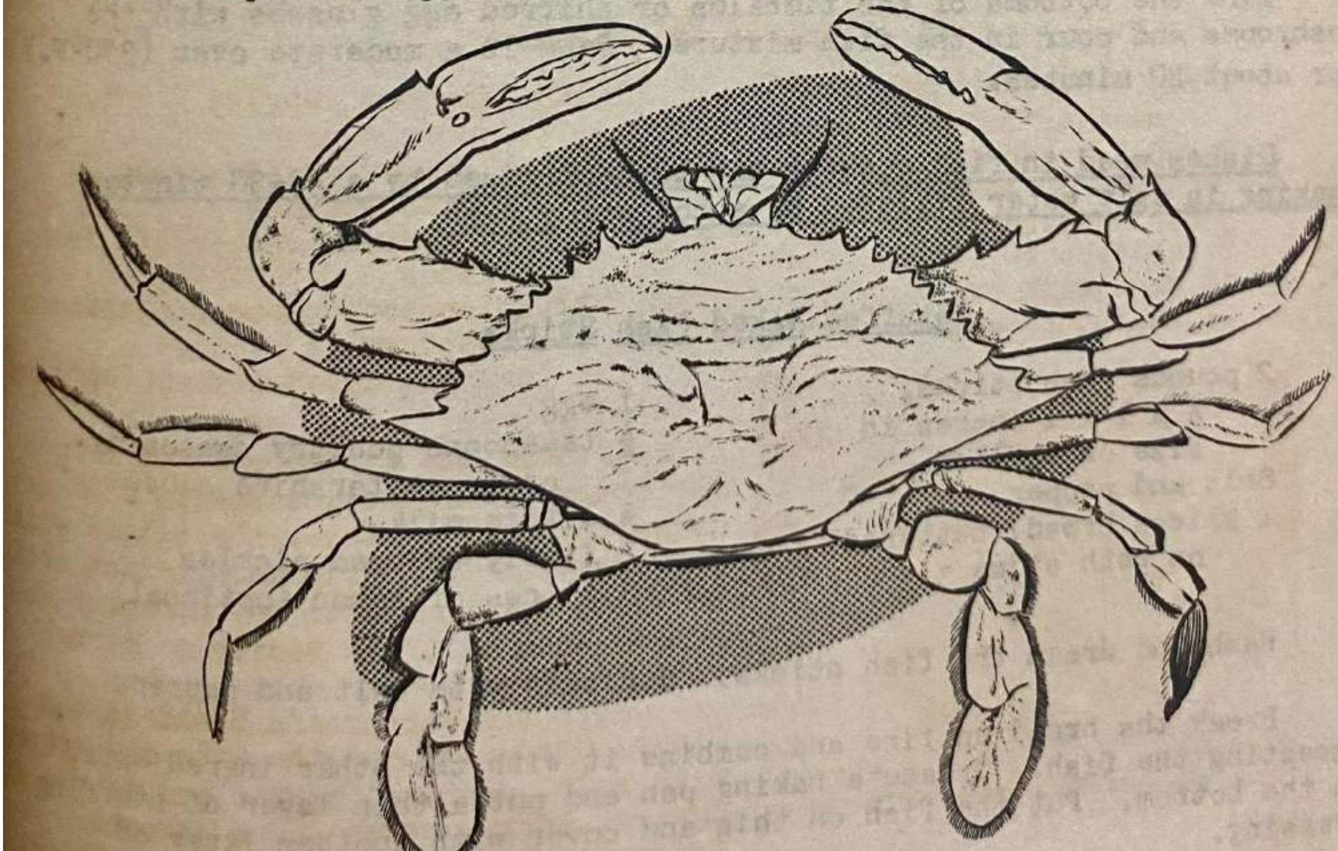
Deviled Crab

- 1 cup cooked crab meat
- 1 cup bread crumbs
- ½ cup milk
- 2 hard cooked egg yolks, grated
- ¼ cup melted butter or margarine
- ¼ teaspoon dry powdered mustard
- 1/8 teaspoon Cayenne pepper
- 1 teaspoon salt
- 6 crab shells

Mix the crab meat and bread crumbs with the milk, butter and grated egg yolks. Season with the mustard, salt and pepper. Mix well and stuff into crab shells. Sprinkle with buttered bread crumbs and dots of butter. Brown quickly in a very hot oven (500°F.). Do not burn. This dish really makes a good crab taste better.

Oysters Rockefeller

- 3 dozen large oysters or clams in clean, separate shells
- 1 tablespoon minced parsley
- 3 tablespoons finely chopped onion
- 1 cup cooked spinach or cangcong
- 2 tablespoons chopped celery
- 2 bay leaves
- 2 tablespoons butter and 2 tablespoons flour, mixed
- 1 teaspoon salt (to taste)
- 1/8 teaspoon pepper
- ¼ teaspoon Tabasco sauce
- 1 cup toasted bread crumbs



CRAB
Average width: 10-15 centimeters

Open the oysters and cut them loose from the clean shells. Heat the vegetables and seasonings in the melted and blended butter-flour mixture for 5-10 minutes. Blend in the crumbs and make a nest of the mixture in each shell for the oysters. Place some of the mixture over the oysters. Bake in a hot oven (455°F.) for 10 minutes. Some people mix sour cream and grated cheese with the vegetable mixture but it is not altogether necessary.

Egg Souffle Bernardine (French)

3 cups cooked and flaked fish	1 cup undiluted evaporated milk
1½ cups bread crumbs	½ cup regular milk
4 tablespoons butter or margarine	2 fresh egg yolks
3 tablespoons flour	4 stiffly beaten egg whites
2½ teasponns salt	2 teaspoons curry powder
1 bay leaf	½ cup sliced mushrooms
3 sprigs crushed parsley	1 small onion sliced fine

Mix the fish and the bread crumbs. Blend the butter and flour together with 1 teaspoon salt and a little pepper. Heat and stir a while. Stir the milk which has been scalded with the bay leaf, parsley and onion. Strain. Add the milk slowly to the flour mixture, while stirring. Remove from the fire and beat in the egg yolks. Add the fish and lastly fold in the egg whites that have been seasoned with curry powder.

Line the bottoms of the timbales or shirred egg glasses with the mushrooms and pour in the fish mixture. Bake in a moderate oven (350°F.) for about 20 minutes.

Dishes used in fish cookery can be deodorized by a 20-30 minutes soaking in salt water followed by a hot soapy wash.

Stuffed Baked Fish Sticks

2 pounds fish sticks, 4 x 1 x 1 inches in size or smaller	1 egg
Salt and pepper	½ teaspoons poultry seasoning or Worcestershire sauce
4 slices bread, buttered on both sides	A little milk
	2 finely chopped pickles
	3 slices of bacon (optional)

Wash and drain the fish sticks. Sprinkle with salt and pepper.

Break the bread up fine and combine it with the other ingredients, excepting the fish. Grease a baking pan and put a thin layer of stuffing on the bottom. Put the fish on this and cover with another layer of dressing.

The dressing may be flavored with parsley or celery without hurting the dish.

Place the bacon on top of the dressing and bake in a moderate oven (350°F.) for 25 minutes or until the fish is done.

Fish with Mushrooms

1½ cups of canned or reconstituted dried mushrooms
3 tablespoons butter or bacon fat
2 cups cheap, cooked, fish flakes
1 teaspoon lemon juice
2 teaspoons minced green pepper
1 cup white sauce
Salt, pepper, paprika
½ cup water

Slice the mushrooms and saute' them in the fat. Remove 1/3 of them from the fat and add the water, fish, green pepper, lemon juice, seasonings, white sauce to the remainder.

Place in a casserole and bake for 25 minutes in a 450°F. oven. Sprinkle the remaining mushrooms and the paprika over the top and serve hot.

* * *

FISH SALADS

> "Fat paunches have lean pates, and dainty bits
> Make rich the ribs, but bankrupt quite the wits."
> --- Shakespeare

A good salad should be thoroughly cold, crisp, attractive, simple and accompanied by a tart, sharp dressing. It should be served on chilled salad plates.

The standard fish salad is composed of cooked, boneless, skinless meat, cut into 1/4 to 1/2 inch cubes, tossed lightly with mayonnaise, seasoned to taste and served in a chilled salad bowl or on individual plates. It should be garnished with crisp greens and vegetables. Macaroni may be substituted for part of the fish. Aspic may be used to incorporate the ingredients.

Fish Cucumber Salad

1½ cups flaked fish tuna etc.
½ cup diced celery
½ cup diced cucumber
1 small, tender, diced onion
1 large, diced, white radish
½ head lettuce or Chinese cabbage shredded.

Mix ingredients.

Mold of Salmon Salad

1 pound can salmon, flaked
1 cup diced celery
1 cup diced cucumber
½ cup chopped ripe olives
1 teaspoon onion juice
1 teaspoon salt
1/8 teaspoon pepper
3/4 cup mayonnaise
Pimiento
Crisp lettuce

Mix the salmon, celery, cucumber, olives, onion juice, spices and seasonings together. Mold in the shape of a heart on a lettuce leaf. Cut a pimiento in the shape of an arrow. Edge the heart with mayonnaise and place the arrow on top. Pretty, is it not? Do this for each individual salad.

Fish Stuffed Tomatoes

Fish Stuffed Tomatoes

6-8 large tomatoes
2 cups shrimp or other cooked fish, flaked
3 hard cooked eggs, diced fine
2 stalks celery, finely diced
1/3 cup vinegar
1 teaspoon chopped parsley
1/3 cup salad oil
2 teaspoons catsup
2 teaspoons cocktail sauce (optional)
2 teaspoons Worcestershire sauce
1/8 teaspoon red pepper, ground
½ teaspoon salt
Dash ground cloves

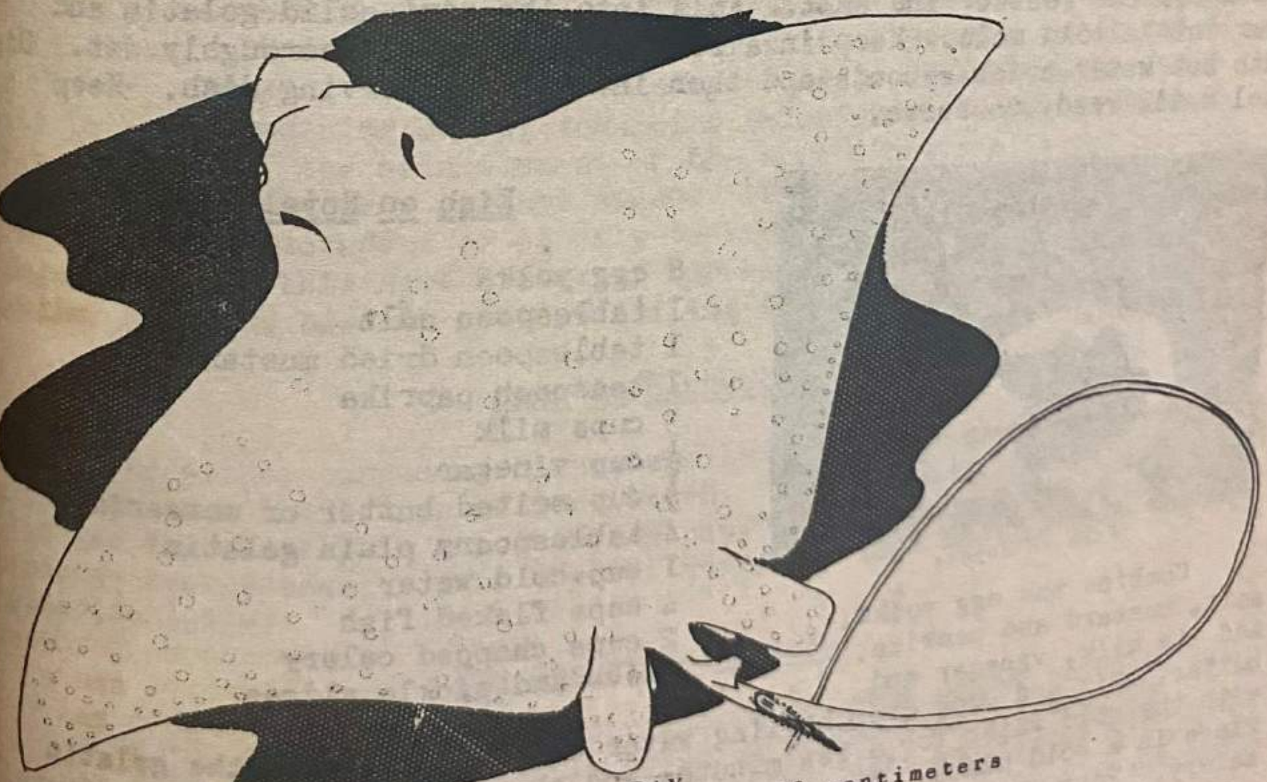
Chill the tomatoes and cut a slice from the top of each one. (If they are firm, skin them too). Hollow them out and combine the removed pulp with the cooked and chopped shrimp, the eggs, celery, pepper and parsley.

Rub the interior of a bowl with fresh garlic and combine the rest of the ingredients. Pour this dressing over the fish mixture and chill thoroughly in the refrigerator. Fill the fish- dressing mixture into the tomato shells and serve on lettuce leaves with a whole shrimp and a dab of mayonnaise or salad dressing on each tomato.

Oriental Salad

2 cups cooked rice
2 tablespoons minced onion
1 cup French dressing
1 cup sardines, oil pack
1 cup small, shelled, cooked shrimp
¼ cup vinegar
Lettuce or Chinese cabbage
2 hard-cooked eggs
3 chopped gherkins (small sweet pickles)
2 tablespoons chile sauce
1 tablespoon capers (optional)
1 teaspoon minced parsley

Mix the rice, onion and 1/2 cup of the French dressing; chill. Marinate the sardines and shrimp in vinegar for 10 minutes. Heap the rice in mounds on the lettuce leaves. Arrange the sardines and shrimp on the rice. Chop the egg yolks and whites fine and sprinkle over the salad. Garnish with gherkins. Serve with a dressing, made by combining the rest of the French dressing with chili sauce, capers and parsley.



RAY

Average width across disk: 30 centimeters

Delices Floriden

- 3 avocados
- 2 tablespoons lemon juice
- ½ cup flaked, smoked fish, without bones
- 2 anchovy fillets or 1 tablespoon tuna paste
- ½ cup diced celery
- ½ cup diced apple
- 1 cup diced ripe tomato
- French dressing
- ½ cup flaked tuna
- Lettuce or Chinese cabbage
- 1 sliced hard-cooked egg
- 1 tablespoon patis

Cut the avocados lengthwise and remove the pit. Sprinkle lemon juice in each half. Marinate the fish, celery, apple and tomato in French dressing for a half hour. Heap the avocado halves with the fish-vegetable mixture. Serve on the greenery and garnish with the hard-cooked egg. Sprinkle each salad with patis. It surprises with its unusual flavor.

Fish Aspic

- 1 tablespoon unflavored gelatin
- ¼ cup cold fish stock or bouillon
- 1 teaspoon salt
- 1½ cups hot fish stock or bouillon
- 2 cups flaked fish
- 2 teaspoons lemon juice
- 1 tablespoon grated onion

Soften the gelatin in the cold stock. Then add the hot stock and stir until the gelatin is dissolved. Add the onion and half the salt. Cool in a refrigerator until almost firm. Mix together the fish, lemon juice and the rest of the salt. Fold into the semi-solid gelatin and pour into a cold mold. Keep in a refrigerator until thoroughly set. Dip into hot water a few seconds and then invert on a serving dish. Keep cool until ready to serve.

Fish en Royale

- 8 egg yolks
- 1 tablespoon salt
- 1 tablespoon dried mustard
- 1 teaspoon paprika
- 3 cups milk
- ¼ cup vinegar
- ½ cup melted butter or margarine
- 4 tablespoons plain gelatin
- 1 cup cold water
- 4 cups flaked fish
- 2 cups chopped celery
- Olive and pickle slices

Fish en Royale

Combine the egg yolks, salt, mustard and paprika. Add the milk, vinegar and butter. Mix and cook over boiling water until thick. Mix the gelatin with the cold water for a few minutes and then add it to the hot mixture. Place in a cold place. When it becomes semi-solid stir in the fish and celery. Pour into a cold fish-shape mold where slices of stuffed olive can simulate eyes and pickle slices, scales. Keep in a cool ice box or refrigerator for 12 hours. Quickly dip in hot water and invert on a tray. Garnish with parsley and keep cold until serving time. The effect is quite startling.

Chelgi (Australia)

1 good sized crab	
2 tablespoons salad oil	Salt and black pepper
1 tablespoon vinegar	Cayenne pepper

Remove the meat from the cooked crab and mix it with oil, vinegar, salt, black pepper and Cayenne. Fill this into the shell and garnish with chopped egg, pimiento and olives. If there is not enough meat to fill the shell, stretch it with meat from another crab. This recipe provides a salad for one person.

A fish bone caught in the teeth can be dissolved with undiluted lemon juice.

* * *

HORS D'OEUVRES

One is only limited by imagination in the preparation of hors d'oeuvres or canapes. By using a tasty cracker, toast or pastry as a base for canapes, salty, fishy or smoky flavored fish products may be wedded with crisp vegetables and sharp tasting sauces in almost any possible combination. It is important that the resultant product be distinctive in flavor, pleasing to the eye and easy to eat. To achieve this, it is well to have something sharp, something colorful and a handle on each preparation. If the main element of the hors d'oeuvres is not distinctive in flavor add some piquant sauce. If serving something sticky or greasy, have a toothpick or a doily to keep it away from contact with the fingers. Along this same line keep spreads away from the edge of the cracker or other base to prevent soiling the fingers.

Pigs in Blankets

Using either canned sardines, shelled shrimp or shucked oysters, wrap each in a half strip of good bacon. Pin this together with a toothpick and fry quickly in a hot frying pan. Serve each pig on a small buttered square of toast. Make a great number of them because they are extremely popular.

New Jersey Mosquitoes

Even the name of this one intrigues one. Mash canned sardines into a paste with the help of a little prepared mustard, salt and pepper. Spread generously on bacon slices. Roll them tight and fasten with a toothpick. Fry in a hot frying pan. Shake a small dish of tabasco sauce in one end of each roll and serve on cheese crackers. Get the sting?

For some tidbits to munch on, try this interesting spread.

Anchovy-Garlic Spread

2 hard cooked eggs
1 mashed clove garlic
1/8 teaspoon Cayenne pepper
1 tablespoon soft butter or margarine
4 tablespoons mashed anchovy or bagoong or tuna paste

Rub the eggs through a fine grater or ricer and mix them with the other ingredients. Spread on buttered rye bread, rye crisps or toast.

To feed a big group without making a full meal try serving tuna fish salad on toast. It is a real hit!

Tuna Salad

½ pound can tuna (5½ ounces drained weight)
2 tablespoons finely chopped onion
2 tablespoons finely chopped celery
1 tablespoon finely chopped olives
2 tablespoons finely chopped sweet pickles
3-4 tablespoons mayonnaise
1 tablespoon lemon juice
Salt and pepper (to taste)
Paprika
Toasted, buttered bread

Tuna Fish Snacks

Flake the tuna and mix with the onion, celery, olives, pickles, mayonnaise, lemon juice or vinegar and the seasoning-salt and pepper. Cut the crusts from a loaf of bread and cut into slices, the size that you desire. 2 x 4 inch slices are recommended. Butter these on both sides and bake quickly in the oven until light brown and crisp. Cover one surface of each with a mound of the tuna salad. Dust with the paprika. To be economical one can leave out the olives and pickles, without consequence.

Another delightful hors d'ouevre using tuna is made by mixing a little horseradish with grated hard cooked egg yolks and tuna flakes. Mix this well with a little salt, pepper, mayonnaise and onion juice. Stuff into the hard cooked egg whites.

Smoked Fish Canapes

Pastry shapes, flavored with cheese
Anchovy or tuna paste butter
Smoked salmon, tuna or barracuda
Prepared mustard

Spread the thin pastry shapes with a very thin layer of anchovy butter prepared by forcing some macerated anchovies through a fine sieve into soft butter and mixing. Lay the fine slices of fish over this and top with a dab of mustard. Some cooks dip the fish slices in garlic or chile vinegar just prior to placing on the pastry shapes. It adds something.

Smoked Oyster Canapes

Smoked oysters	Pastry shapes, cheese crackers or toast squares
Garlic vinegar	Anchovy or tuna paste butter

Open a can of smoked oysters. Dip them in garlic vinegar and lay one on each cracker that has previously been spread with a thin layer of anchovy butter. Dab each oyster with a very little mayonnaise.

Stuffed Cucumber Canapes

1 teaspoon gelatin, dry	1 cup finely grated tuna
1½ cups bouillon	1 tablespoon onion juice
Seasonings	1 cucumber
Mayonnaise	

Mix the gelatin in the cold bouillon and heat until it is dissolved. Add the seasonings and lemon juice. Stir these in and put the mixture aside in a cool place to set. Peel the cucumber and hollow it out from one end. Place it in refrigerator. When the gelatin is real thick but not solid, stir in the tuna meat and pour the mixture into the cold cucumber. Set upright in a cool place. When the gelatin is thoroughly set, cut 1/8 inch crosswise slices onto buttered crackers or toast and spread a thin layer of mayonnaise over each.

* * *

SAUCES

It is the function of a sauce to either mask the flavor of the main preparation or to intensify it. Cheap flavorless fish can be combined with an interesting flavorsome sauce and be well thought of, while by the same token a delicate tasting fish can be completely smothered by a strong, poorly chosen sauce. Good fish should be served with its own gravy or with bland sauces that are subtle in their accenting of the intrinsic flavor of the fish.

A good sauce should have a distinctive character of its own despite a definite subservience to the flavor qualities of the main dish. It should have an attractive aromatic bouquet, a smooth satin-like texture and no traces of grease, lumps or pastiness.

White Sauce

1 tablespoon butter
1 tablespoon flour
1 cup hot milk

¼ teaspoon salt
Few grains of pepper

Melt the butter and gradually blend in the flour and seasonings. When the mixture is smooth, add the hot milk slowly, while stirring. Let boil two minutes. The sauce can be made thicker by increasing the amount of butter and flour in equal proportions.

Aioli or Garlic Sauce (for cold fish)

2 or more cloves of garlic ground to a paste
Yolk of 1 egg
1 teaspoon lemon juice

6-7 tablespoons olive or other salad oil
A little cold water
Salt and pepper to taste

Add the egg to the garlic paste and slowly blend in the oil, lemon juice and water while stirring vigorously. Season with salt and pepper. Meter the strength of the sauce, by the number of garlic cloves added.

Bercy Sauce (hot fish)

1 tablespoon finely chopped onion
2 tablespoons butter or margarine
1 wineglass white wine
1 teaspoon chopped parsley

½ cup fish stock
½ cup white sauce made by using 3 tablespoons each butter and flour per cup of milk or cream

Fry the onion in the butter and then add the wine, white sauce and stock. Bring to a boil and simmer for a few minutes. Add a little butter and chopped parsley before serving.

Bechamel Fish Sauce

1 pint fish stock
1 pint milk
½ medium onion, minced fine
4 tablespoons butter or margarine
¼ cup flour

Bring the mixture of the fish stock and milk to a boil. Meanwhile saute' the onion in the butter until transparent but not brown. Gradually blend the flour into the fat until a smooth mixture is obtained, then stir in the liquid slowly. If more flour is necessary to thicken the mixture, work it in.

Caper Sauce (boiled fish)

3 tablespoons butter
1½ tablespoons flour
2/3 cup hot water
½ teaspoon lemon juice
½ cup washed and drained capers

Melt half the butter and blend with the flour. Gradually stir in the hot water. Boil for 5 minutes and stir in the lemon juice and the rest of the butter, followed by the capers.

Creole Sauce

½ cup finely sliced onions
½ cup finely diced green pepper without seeds or pith
4 tablespoons butter or margarine
½ cup sliced mushrooms
18 pitted green olives, sliced
1 cup strained fish stock
2 cups stewed or canned tomatoes
2 teaspoons salt (or less)
¼ teaspoon black pepper
1/8 teaspoon thyme
1 bay leaf

Saute' the onions and peppers in the butter for 5 minutes and then add the mushrooms and olives for another five minutes. Pour in the chopped tomatoes and fish stock. Season with salt, pepper, thyme and bay leaf. Simmer for 20-30 minutes.

Curry Sauce

1 finely chopped small onion
1 sliced small carrot
2 tablespoons butter or margarine
1 sprig parsley, minced
1 tablespoon curry powder
1 bouillon cube
1 cup fish stock
1 teaspoon cornstarch
3 tablespoons cream or undiluted evaporated milk

Cook the onion and carrot in the butter for five minutes, then add the parsley, bouillon cube and fish stock and bring to a boil. Dissolve the cornstarch in the cream. Strain the solid material out of the broth and add the cream to the clear liquid. Bring to a boil and add the curry powder mixed with a little cold fish stock. Season to taste and simmer for 10 minutes. When ready to serve, stir in a tablespoon of butter.

Drawn Butter Sauce

6 tablespoons melted butter
3 tablespoons flour
1½ cups hot water
½ teaspoons salt and pepper
(to taste)
1 teaspoon lemon juice

Melt half the butter and blend it with the flour. Season with the salt and pepper. Stir in the hot water gradually. Boil for 5 minutes. Stir in the rest of the butter bit by bit, with the lemon juice.

Hollandaise Sauce

¼ pound butter
4 egg yolks
2 teaspoons lemon juice
1/8 teaspoon white pepper
¼ teaspoon salt

Fill the lower part of a double boiler with hot, but not boiling water. Place 1/3 of the butter in the upper part of the double boiler with the eggs and stir rapidly. As each third of butter melts add another. When all the butter is completely melted, remove from the hot water and stir a minute longer. Add the lemon juice and seasoning. Place over the hot water again and stir a couple of minutes. If it curdles add a couple of tablespoons of hot water and beat vigorously.

Horseradish Tomato Sauce (cold white fish)

4 tablespoons freshly grated
horseradish
1 tablespoon vinegar
Salt and pepper
4 tablespoons tomato catsup

Mix the horseradish and vinegar (if bottled horseradish is used, vinegar is not necessary). Season and then stir in the catsup and seasonings.

Lemon Butter Sauce (boiled and broiled fish)

¼ cup soft butter
1 tablespoon strained lemon juice

Cream the juice into the butter until it is no longer visible. Soften before using.

Maitre D'Hotel Butter Sauce (broiled fish)

5 tablespoons butter
1 teaspoon finely chopped parsley
Salt and pepper (to taste)
1 teaspoon strained lemon juice

Slightly soften the butter and mix with the parsley. Mix in the salt, pepper and lemon juice.

Mustard Sauce (boiled and broiled dark fish)

1 cup drawn butter sauce
1 tablespoon prepared mustard
A few taragon leaves, finely chopped

Mix well and keep hot. Do not boil.

Ravigote Sauce (cold fish)

Sieved yolks of 3 hard cooked eggs
2 raw egg yolks
1/8 teaspoon paprika
1/8 teaspoon dry mustard
½ teaspoon granulated sugar
1 tablespoon finely minced onion
2/3 cup mayonnaise

After sieving the cooked egg yolks mix them with the raw egg yolks. Season and fold in the mayonnaise with the onion.

Shrimp Sauce (any boiled, fried or broiled fish)

1 cup drawn butter sauce
1 egg yolk
1/3 cup cooked and cleaned shrimp, cut in small pieces

Mix everything together.

Spanish Sauce (broiled or fried fish)

6 tablespoons butter and flour, blended
1 cup scalded milk
Nutmeg, salt, pepper and Cayenne (to taste)
½ cup pimiento puree

Melt the butter mixture and gradually stir in the milk. Season well and stir in the pimiento puree obtained by forcing canned pimientos through a fine sieve.

Swiss Sauce (cold fish)

2/3 cup heavy tomato puree
1/3 cup stiff mayonnaise
Juice of 1 small lemon
Salt, pepper and Cayenne (to taste)
1 teaspoon grated lemon rind

Mix the puree and mayonnaise together. Add the lemon juice, lemon rind and seasonings. Mix well.

Tartar Sauce (hot sauce for hot fish)

½ cup very hot white sauce
2/3 cup mayonnaise
1 teaspoon finely chopped onion
½ teaspoon finely chopped capers
Salt and pepper (to taste)
1 teaspoon finely chopped sweet pickles
½ teaspoon chopped olives
1 teaspoon finely chopped parsley
½ teaspoon heated vinegar (tarragon preferred)

Mix everything together except the vinegar which should be added just before serving.

Tartar Sauce (cold sauce for hot or cold fish)

1 cup mayonnaise or salad dressing
1-2 tablespoons chopped sweet pickles
1 tablespoon chopped parsley (optional)
1-2 tablespoons chopped olives
1-2 teaspoons onion juice or grated onion

Mix well and chill before serving.

West Indian Fish Sauce

4 tablespoons mayonnaise
1 tablespoon tomato catsup
1 tablespoon chopped olives
Juice of one lime
2 teaspoons finely chopped onion
1 tablespoon chopped sweet pickles
1 teaspoon chopped green pepper

Mix everything together and serve cold.

* * *

Vinegar Court-Bouillon

2/3 cup vinegar
2 quarts cold water
1 tablespoons salt
2 small carrots, sliced thin
2 medium onions, sliced thin
1 dozen bruised pepper corns
2 dozen whole cloves
2 large bay leaves
4-5 leaves of thyme

Bring the above mixture to a boil and then simmer for 30 minutes. Strain and rub as much of the material through the sieve as can be done.

Fish Stock

1 quart cold water
1 tablespoon salt
2 small carrots
2 small onions
4-5 leaves of thyme
1 bay leaf
2-3 celery leaves
1 pound fish trimmings, head, bones, etc.

Bring to a boil and simmer for 30 minutes to one hour. Strain through a cheesecloth.

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